

101 Things to Do with a Person with Dementia

1. clip coupons
2. sort laundry/sort coins
3. count pennies/change
4. rake leaves
5. sweep the kitchen/sidewalk/deck
6. read out loud
7. bake cookies
8. look up names in the phone book
9. read the newspaper out loud
10. enjoy a visit from a child
11. listen to music
12. tend a garden (indoors or outdoors)
13. look at photographs
14. toss a ball
15. color pictures
16. make simple cards
17. make lemonade
18. clear the table
19. weed the flowers
20. cook or bake simple recipes
21. have a spelling bee
22. sing old songs
23. play games
24. string Cheerios to hang outside for birds
25. create a simple bird feeder
26. bird watch and identify types of birds
27. make simple crafts
28. reminisce about "firsts"
29. reminisce about travels
30. reminisce about favorite people
31. reminisce about favorite events
32. sort and match socks
33. roll yarn into a ball
34. clean and carve a pumpkin
35. make a floral arrangement
36. sew sewing cards
37. knit or crochet
38. paint
39. finish Bible quotes or hymns
40. answer simple trivia questions
41. trace and cut out leaves
42. cut out pictures from magazines
43. make sandwiches
44. straighten out drawers
45. sort and straighten closets
46. decorate placemats
47. give pedicures or manicures
48. rub in body lotion
49. sand wood in simple shapes (making coasters, etc.)
50. look at pictures in National Geographic
51. mold with PlayDoh
52. finish famous sayings
53. feed the ducks or fish
54. visit the zoo
55. visit the museum
56. take a ride in the car
57. go for ice cream
58. make paper butterflies
59. plant flowers or trees
60. take flowers to shut-ins
61. pop corn
62. name the presidents
63. write letters to family members and friends
64. decorate picture frames
65. make seasonal cards
66. sort playing cards by color, number, or symbols
67. make homemade ice cream
68. dance
69. exercise
70. grow Magic Rocks
71. dust
72. play horse shoes
73. have afternoon tea
74. reminisce about inventions
75. paint a sheet or a canvas
76. cut out paper dolls
77. identify states and capitals

78. make a family tree
79. have a cookout
80. make Valentines
81. water house plants
82. play Old Maid
83. play Go Fish
84. dress up in silly hats or costumes
85. watch a classic movie
86. finger pain
87. visit an antique store
88. attend an art exhibit
89. attend a parade
90. read or recite poetry
91. play with bubbles
92. celebrate birthdays and holidays
93. browse through colorful catalogs
94. play with a baby or toddler
95. listen to audio books
96. make s'mores
97. go to children's movies
98. color Easter eggs
99. play with a Wii
100. visit a farmers' market
101. use your imagination!!