

Activity Ideas

- Remember, it's not about being productive. It's about being engaged in the moment.
- It is not about the expectations of the caregiver, rather the comfort of the person for whom the caregiver is providing care.
- Assess each activity for the many steps it takes to complete it. Each step is a specific task that the person can possibly do.
- Reduce all sources of frustration.
- Plan the activity and have any equipment needed to accomplish it nearby.
- Provide dignified support as needed. Guide a hand, describe what needs to be done next as you are moving through the task steps.
- If stress develops, **stop the activity** and take immediate action to reduce the stress.

Creativity Ideas:

Create with clay
 Paint or draw a picture (but be sure to never start with a blank sheet of paper)
 Listen to music
 Tell stories
 Arrange flowers
 Sort colorful objects
 Take photos
 Put a puzzle together
 Read the newspaper or a good book out loud together
 Record their stories or memories for family members
 Start a family tree or a family video for all your family members to enjoy
 Watch an old movie together
 Reminisce with old photo albums

Outdoor Ideas:

Feed the birds
 Sweep the patio
 Wipe off patio furniture
 Water plants
 Rake leaves
 Weed the flower bed
 Plant seeds in containers
 Plant something
 Sand wood pieces
 Wash the driveway
 Take a walk
 Go for a drive
 Cut flowers for indoors

Daily Living Ideas:

Set the table
 Fold clothes, towels, etc.
 Wash silverware
 Feed the pets
 Dust
 Run the sweeper
 Sort Mail, or other papers
 Peel vegetables
 Sort nuts, bolts, nails, etc.
 Sweep the floor
 Shine the faucets
 Make a simple dessert
 Select an outfit to wear
 Roll yarn into a ball
 Plan a meal