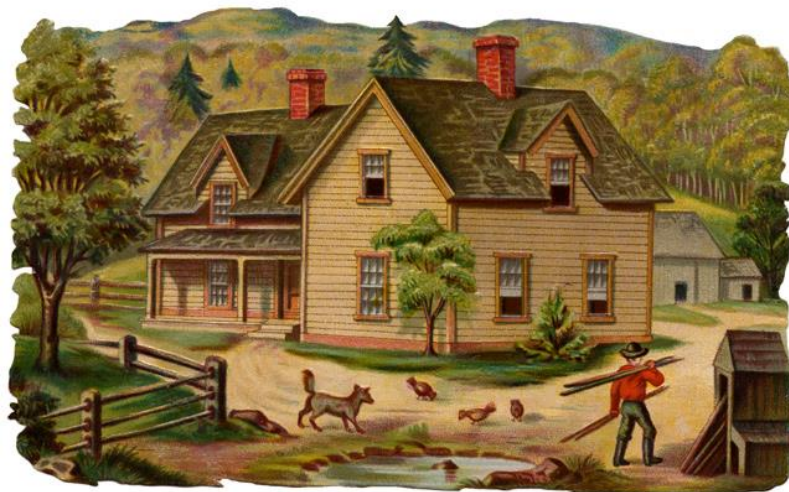


There's No Place Like Home

Suggestions for home-
based activities



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Activities are things we do at any given moment, on a daily basis. They include a variety of things-daily activities like brushing teeth, work related activities, leisure and sports' activities, social activities and more. Partaking in various activities improve both health and the person's quality of life as well as giving pleasure and satisfaction. Participation in activities helps keep the mind and body active, provides a sense of self-worth and meaning and helps to improve interaction.

In this booklet you will find a variety of activities suggestions to do with a person with dementia.

Out of these suggestions you can choose the activities that fit the person by preference, abilities and personal interest.

In choosing activities it is recommended to take into consideration the following:

Consider the person's areas of interest, present and past.

Suggest a few activities and allow him to choose which activity he is interested in.

Be attentive to the person's mood. If one activity does not work out, you may take a break, rest and try again later.

Integrate the activity into your daily schedule. Helping with house chores might be an activity that produces pleasure, value and contribution.

In order to create a schedule that will enable you and the person to enjoy a relaxed activity time together, it is recommended to number the activities and mark them in the recommended schedule table – appearing at the end of the kit.

During activity time:

Be relaxed, attentive and try and focus on enjoying the experience. Even if the outcome is not perfect, the main thing is the activity and the action itself.

Insist on cheering up and providing the person a feeling of success.

Turn the work environment at home to one that is of cheering up- turn off the television set, make sure there is enough light and a relaxed atmosphere.

Do the activities together- it is an opportunity to generate a conversation, to sing a song and to spend time together.

Activity Suggestions

You will find in front of you suggestions for all kind of activities. Taking part in various activities encourages intellectual, physical, social and emotional health.

Use household chores - encourages self-worth , strengthens feeling of cooperation and belonging of the person in the home and with the family, strengthens the importance of his role at home and creates an opportunity to generate a conversation.

Laundry – help with hanging, washing laundry by hand, folding (towels, tablecloth, pants and more.)

Preparing a shopping list- including checking what is needed and what is missing.

Putting away groceries away in refrigerator and closets.

Help with preparing the meal- washing ingredients, drying, and peeling, kneading, mixing, cooking or baking by a recipe.

Help with setting and clearing the table

Washing dishes- rinsing, drying, putting dishes in dish washer, closet, sorting silverware.

Help with general house cleaning- sweeping, floor washing, dusting.



Daily activities - helps in keeping the feeling of independence and meaning for person, encourages exercise and keeping regular self-care. Add compliments like "This outfit is very flattering on you", or "you smell so nice".

Clothing: choosing an outfit out of two possibilities on a regular basis (choosing out of a wider range might be confusing).

Personal Care: hair combing; hair salon visit; hair care at home; manicure and applying nail polish; makeup; shaving

Choosing and putting jewelry on: - neckless, earrings, rings, pins for clothing.

Shoe Polishing- with shoe polish cream, brush\ sponge.

Closet arrangement: sorting out by color, season, fabric's material, and dressy or every day wear.

Bathing: choosing and using bathing products, soaping with a sponge, teeth brushing.

Recreational Activities; enriching the daily schedule and add meaning as well as feeling creative and special.

Gardening: planting and watering house plants and trees.

Caring for pets – feeding, combing and personal care, walking.

Watching a movie or TV program for pleasure

Arts and Crafts – drawing with different media, (chalk, pencils, paintbrush, paint), sculpturing with materials (clay, fimo, play dough), knitting...

Flower Arrangements in a Vase- is an opportunity to enjoy smell, color, touch. A creative activity that combines much pleasure.



Brain Stimulating Activities- activate the mind while partaking in a pleasurable social activity. Helps in preserving the memory and thinking process.

Reading –A book, newspaper, bible. If the person can't read, you may read to him. Start a conversation regarding the topic read showing interest: "What is your opinion about the topic and what do you think about?"

Card Games – choose a game with few moves ("War" for example). Be enthusiastic (" There you go").

Crossword Puzzles and Arrow word- daily newspaper or a crossword puzzles book

Memory games- it is recommended to match the card games to the person's personal interest areas. (Famous people, Counties, etc.)

Who is in the Picture? Find famous people pictures in the newspapers or internet. Reminisce together and discuss a few personal details about each one.

Puzzles

Five Senses Activities – Grant pleasant sensory experiences, stimulate the senses and bring pleasure and a calm or waken feelings. Use existing household items- flowers, pictures, spices, perfume, etc. Directs the person's attention to the item, sound or smell.

Hearing	Touhgs	Smell	Vision	Taste
Listening to familiar music – while combing movement and dance-	Hand massage with lotion/ pleasant oil- caress and	Flowers, spices, perfumes, essential oils, encourage the person	Scenery and nature view during a walk, Looking at picture	Experimenting Different tastes fruits, vegetables, cookies, etc. direct the person's

<p>song singing, short songs, holiday songs, Shabbat, childhood songs</p>	<p>touching textures- fabrics, sponges, patting pillows, an animal's fur.</p>	<p>to enjoy the smell when at home, outdoors, while taking a shower or personal care.</p>	<p>albums.</p>	<p>attention to the different tastes during the meal.</p>
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Physical Activity – helps improve physical and mental health and general mood. Activates the muscles, joints and tendons and has a calming effect.

Morning Stretches – light exercise that wakens the body. •

Lifting the arms up over the head and bringing them down, stomping feet, circling the hands' joints and fingers, circling the shoulders back and forth.

Walking in Fresh Air – is an opportunity to move the body and enjoy pleasant weather and the company of other people.

Dance – it is possible to dance either sitting down or standing up. With favorite music, alone or together.

Playing with Various Accessories- different size balls, elastic bands, plastic bottles, balloons, etc.



Joint Activities - encourages contact with the surroundings, strengthening the sense of belonging and value. Improves home and family atmosphere.

Joint Meals – sit together around the table, eat and hold a light conversation.

Shared games – with grand and greatgrand children.

Home visit/Hosting- friends/ family members.

Shared Reading – magazines, newspaper and periodicals. Hold a conversation about the topic of the day.

Looking at Picture Albums-is a wonderful opportunity to reminisce and identify family members.

Table and Card Games.

Singing- familiar tunes and songs. Possible with listening to a CD or radio.

Tips for Communication with a person with dementia -

Be calm and supportive, try to understand what he means.

Try and understand the feelings expressed, pay attention to the body language, not only to words.

Talk at a regular pace, in a clear fashion, try and avoid baby or child talk.

Use touch to create a pleasant feeling.

If the person shows difficulties to express himself with words, offer to describe what he means with demonstration or pointing.

Be patient. Allow the person to find his words and say what he wants without rushing him.



Tips for Home Environment–

Lighting- make sure there is permanent light in the bathroom if the person uses it during the night.

Install a dimmer to regulate the light's strength if the person gets dazed from strong lights or change light bulbs. Allow as much as direct sun to get through the living quarters as it was found to be a good mood influencer.

Temperature- Adjust the home temperature to be comfortable.

Make sure cooling and heating devices are approved for safety (and do not include fire lighting devices).

Make sure the environment provides sensory stimulation – bright colors may improve orientation and mood.

Pleasant Background Music- might add relaxation and peacefulness.

Plants and Flowers – decorating the home with plants and flowers which add color and smell and give a vibrant feeling and joy.

Organizing the Environment for Activities

Reduce distracting stimulants – turn off TVs, prevent background noise, and match lighting.

Quiet background or wakening music might help reach a successful activity outcome.

Arrange the activity's environment in a way that all accessories are within reach. Put aside accessories that might distract.

Make sure the environment is comfortable for all.

A Safe Environment

Install safety locks on the doors – leaving home independently might endanger the person.

If necessary arrange safety locks for gas and electric operated devices.

Aid in better home orientation by hanging signs with room and item names. Use a calendar, notes and an activity board for effective planning.

Install a safety railing in the bathroom as necessary.

Organizing a Daily Schedule

A scheduled routine might aid you and the person to organize his day including rest . The framework will provide the person with security and enable you to waste less time and energy attempting thinking and planning what to do every minute. When you plan a schedule think about how you can merge the persons schedule with yours so you can allocate time for yourself. For your convenience, write down your schedule on a page attached to a notebook and attach it to the refrigerator or another obvious place.

Example of weekly activity schedule

	<u>Morning</u>	<u>Afternoon</u>	<u>Evening</u>
<u>Sunday</u>	Reading a newspaper A walk in the park	A visit with the grandchildren	A cards game
<u>Monday</u>	A visit in the club	Watching an evening news show	
<u>Tuesday</u>	Hairdresser appointment	A walk in the park	Preparing dinner together
<u>Wednesday</u>	Exercise	Shaping	
<u>Thursday</u>	A visit in the club	Exercise	Watching a movie

<u>Friday</u>	Preparing for Shabbat	Rest time	A family dinner
<u>Saturday</u>	Rest	A visit at the neighbors	