



Easy At-Home Activities for Older Adults with Dementia

For many area caregivers who help take care of an older family member, daily challenges have been amplified as they “Stay Home, Stay Safe.” Without access to support programs – such as the AGE Thrive Social & Wellness Centers that provide daily adult day health care for older adults and respite for caregivers – many caregivers are struggling to keep their older family member engaged while allowing personal time for themselves.

AGE Thrive Social & Wellness Center Activity Director, Holly Stoever, suggests these easy-to-do activities that can be done at home for little or no cost, and can be adapted for all levels of cognitive ability:

- A guided online video, such as exercise, meditation, virtual tours and travel, etc.
- Coloring pages
- Word searches, crosswords, sudoku, dot-to-dot, and other puzzles
- Reading or listening to an audio book, available online from all area libraries
- Household tasks within their function level of each individual that gives them purpose and a meaningful task, such as folding clothes, sweeping, putting dishes away, helping cook, etc.
- Create a memory or rummage box – a box containing items within a specific theme or that will trigger memories
- Untie knots
- Jigsaw puzzles - you can create a DIY puzzle out of a picture by cutting it into pieces, so that the activity stimulates the brain and allows an opportunity to reminisce
- Making a collage or scrapbook – browse old magazines and cut out the images or items that they like, and have them make a collage or start a scrapbook
- Pattern blocks and boards
- Sorting items, such as socks, mail, buttons, nuts, bolts, coins, cards, dominoes, etc.
- Creating with modeling clay or play dough
- Color or trace a map of their hometown
- Watch old movies and concerts
- Paint rocks (doesn't sound like fun but it actually is!)
- Blow bubbles
- Clip coupons
- Making pyramids out of cups
- Solitaire

AGE of Central Texas has also compiled an extensive online list of at-home activities and caregiver resources at <http://www.TinyURL.com/AGE-at-home-activities>. The list is updated daily with new links and resources to help older adults stay connected and engaged while they shelter-in-place.

More resources available online at www.AGEofCentralTX.org