

# Suggested Activities

## For

# Caregivers



For additional information about Arden Courts, please email the Marketing Director at [652mktg@hcr-manorcare.com](mailto:652mktg@hcr-manorcare.com)

Or call us at (512) 918-2800

11630 Four Iron Drive, Austin, TX 78750-3533



Compiled by *Nancy Turco*, Executive Director

**Arden Courts**   
Memory Care Community

*and Ambassador, National Alzheimer's Association- Capital of Texas Chapter*

Email: [nancy.turco@hcr-manorcare.com](mailto:nancy.turco@hcr-manorcare.com)

# Ten Absolutes

## Absolutely Never!!!!

- |                      |         |                  |
|----------------------|---------|------------------|
| 1. ARGUE             | instead | AGREE            |
| 2. REASON            | instead | DIVERT           |
| 3. SHAME             | instead | DISTRACT         |
| 4. LECTURE           | instead | REASSURE         |
| 5. SAY "REMEMBER"    | instead | REMINISCE        |
| 6. SAY, "I TOLD YOU" | instead | REPEAT, REGROUP  |
| 7. SAY, "YOU CAN'T"  | instead | DO WHAT THEY CAN |
| 8. COMMAND/DEMAND    | instead | ASK/MODEL        |
| 9. CONDESCEND        | instead | ENCOURAGE/PRAISE |
| 10. FORCE            | instead | REINFORCE        |

**Nancy Turco, Executive Director**

**Arden Courts of Austin, A Memory Care Community**

**and Ambassador of National Alzheimer's Association, Capital of Texas Chapter**

**ARDEN COURTS: 11630 Four Iron Drive, Austin, TX 78750, (512) 918-2800**

## Categories/Conversation Starters

1. Something Small
2. Something with big ears
3. A learning experience
4. Comes in Sizes
5. Old Fashioned
6. Something Alive
7. It runs
8. Makes you smile
9. A sign of affection
10. Something to play with
11. Not alive
12. Patriotic
13. Has more than one
14. Form of Transportation
15. Something you polish
16. Soft and cuddly
17. Source of light
18. You can tear it
19. A foot warmer
20. Found Inside a home

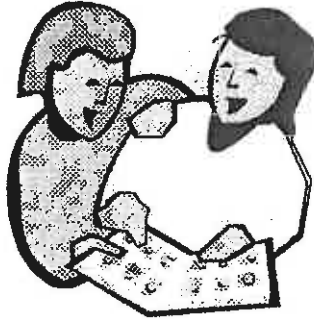
21. found Outside a home
22. A season
23. It's a Girl thing
24. A toy for a boy
25. A place you'd like to be
26. An animal with feathers
27. Something you'd like to have
28. Breakable
29. Beautiful
30. Warm and toasty
31. Crisp and clean
32. A sport
33. Something you lay on
34. it ghas teeth
35. Made of wood
36. Glitters
37. You can plant it
38. A decoration.
39. Found in the kitchen
40. An exercise
41. Has a tail
42. A holiday
43. Has wheels
44. Cute
45. Found in a bedroom
46. Squeezable
47. Large
48. Small

49. You can weigh it
50. It grows
51. It sees
52. An musical instrument
53. Something that hides
54. Something your Mother taught you
55. Something you learned from your Dad
56. Foods that are sour
57. Edible things that can be eaten raw
58. Winter sports
59. Sports played indoors
60. Household appliances
61. Found on a Farm
62. Found in the Grocery Store
63. Found in the woods
64. Found on a city street
65. Found in a school
66. Things a Teacher might say
67. Things a Dentist might say
68. Things a Doctor might say
69. Things a scientist might say
70. Things a Policeman might say
71. Found in a Courtroom
72. Found in a Library
73. Things a Judge might say
74. Things a small child might say
75. Things to do to entertain a child
76. Clothing items

77. Gear used for exercise
78. Types of material
79. Parts of a car
80. Types of cars
81. Favorite car/1<sup>st</sup> car
82. Types of fruit
83. Types of vegetables
84. Things a seamstress/tailor would say
85. Tools of the trade: seamstress
86. Tools of the trade: carpenter
87. Tools of the trade: plumber
88. Tools of the trade: teacher
89. Tools of the trade: doctor
90. Tools of the trade: housekeeper
91. Found in a Fire Station
92. Found at the Zoo
93. Seen in a circus
94. Seen at a Broadway play
95. Seen at a Movie Theater
96. Television Programs
97. Radio Programs
98. Nursery Rhymes
99. Phrases: As strong as an -----, etc.
100. Occupations

## Activities For Caregivers:

### 101 Things to Do



1. Clip coupons
2. Sort poker chips
3. Count tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read out loud from:  
    Good Old Days  
    Box 428  
    Seabrook, NH  
    03874-0428
7. Bake cookies
8. Look up names in the phone book
9. Read the daily paper out loud
10. Ask a friend or neighbor who has a baby or young child to visit
11. Listen to music
12. Plant seeds indoors or outside
13. Look at family photos
14. Toss a ball
15. Color pictures
16. Make homemade lemonade
17. Wipe off the table
18. Weed the flower bed
19. Make cream cheese mints:  
    \*2lbs powdered sugar  
    \*8 oz. Cream cheese  
    \*2 drops peppermint extract  
    \*food coloring as desired  
    \*knead together and press into mint molds
20. Have a spelling bee
21. Read from:  
    The Reader's Digest  
    Pleasantville, NY 10570
22. Fold clothes
23. Have a neighbor or friend visit with a "calm" pet
24. Cut pictures out of greeting cards
25. Dress up; fancy or fun
26. Bake homemade bread
27. Sort objects such as beads by shape or color
28. Sing Christmas carols
29. Say, "tell me more" when they start talking about a memory



30. Put silverware away
31. Make a valentine collage
32. Play favorite songs and sing together
33. Take a ride
34. Make a cherry pie
35. Read aloud from:  
Ideals  
P.O. Box 1101  
Milwaukee, WS 53201
36. Dye Easter Eggs
37. Match a basket of socks
38. Take a ride
39. Make a cherry pie
40. String cheerios to hang outside for the birds
41. Make a fresh fruit salad
42. Sweep the patio
43. Color paper shamrocks green
44. Fold towels
45. Have an afternoon tea
46. Remember great inventions
47. Play Pictionary
48. Paint a sheet
49. Cut out paper dolls
50. Identify states and capitols
51. Make a family tree poster
52. Color a picture of a flag
53. Cook hot dogs outside
54. Grow magic rocks
55. Water house plants
56. Reminisce about the first kiss
57. Play horse shoes
58. Dance
59. Sing favorite hymns
60. Make homemade ice cream
61. Force bulbs for winter blooming
62. Make Christmas cards
63. Sort playing cards by their color
64. Write a letter to a family member
65. Dress in red on football Saturdays
66. Pop popcorn
67. Name the presidents
68. Give a manicure
69. Make paper butterflies
70. Plant a tree
71. Make a May basket
72. Make homemade apple sauce
73. Finish famous sayings
74. Feed the ducks
75. Mold with play dough
76. Look at pictures in a National Geographic  
National Geographic Society  
PO Box 2895  
Washington, DC 02077-9960
77. Put a simple puzzle together
78. Sand wood





79. Rub on pleasant scented hand lotion
80. Decorate paper placemats
81. Arrange fresh flowers
82. Remember famous people
83. Straighten the underwear drawer
84. Finish nursery rhymes
85. Make peanut butter sandwiches
86. Wipe off the patio furniture
87. Cut up used paper for scratch paper
88. Take care of a fish tank
89. Trace and cut out leaves
90. Ask simple trivia questions
91. Finish Bible quotes
92. Paint with string
93. Make a collage out of picture
94. Read classic short stories
95. Put coins into a jar
96. Sew sewing cards
97. Put bird feed out for birds
98. Clean out a pumpkin
99. Reminisce about a favorite summer
100. Roll yarn into a ball
101. Make a birthday cake

## 101 Things to Do with a Person Who Has Alzheimer's Disease

Daily activities for people with AD (Alzheimer's Disease) tend to change as the disease progresses. Alzheimer's Disease (AD) tends to limit concentration and cause difficulties in following directions. These factors can turn simple activities into daily challenges. Individuals with AD often don't start or plan activities on their own. When they do, they may have trouble organizing and carrying out the activity. Many caregivers state that the individual often sits in one area of the room, paces the floor, or searches for familiar objects with little interest in doing the things that had once brought meaning and pleasure to life.

By using a variety of activities matched to the person's abilities, the caregiver can help the family member enjoy his current level of skill and talent, as well as retain his sense of positive self-esteem. Here are some ideas to help pass the time throughout the year.

1. Clip coupons	2. Sort poker chips
3. Count tickets	4. Rake leaves
5. Use the carpet sweeper	6. Read out loud
7. Bake cookies	8. Look up names in phone book
9. Read daily newspaper out loud	10. Ask a friend, neighbor, church acquaintance who has a baby to visit
11. Listen to polka music	12. Plant seeds indoors or out
13. Look at family photographs	14. Toss a ball
15. Color pictures	16. Make homemade lemonade
17. Wipe off the table	18. Weed the flower bed
19. Make cream cheese mints	20. Have a spelling bee
21. Read " <b>Reader's Digest</b> " out loud	22. Fold clothes
23. Have a calm pet in to visit	24. Cut pictures out of greeting cards
25. Wash silverware	26. Bake homemade bread
27. Sort objects such as beads by shape or color	28. Sing Christmas carols
29. Say, "Tell me more" when they	30. Put silverware away

start talking about a memory	
31. Make a Valentine collage	32. Play favorite songs and sing together
33. Take a ride	34. Make a cherry pie
35. Read aloud from labels	36. Dye Easter eggs
37. Make a basket of socks	38. Take a walk
39. Reminisce about the first day of school	40. String Cheerios to hang outside for the birds
41. Make a fresh fruit salad	42. Sweep the patio
43. Color paper shamrocks green	44. Fold towels
45. Have afternoon tea	46. Remember great inventions
47. Play "Pictionary"	48. Paint a sheet
49. Cut out paper dolls	50. Identify states and capitols
51. Make a family tree poster	52. Color a picture of our flag
53. Cook hot dogs outside	54. Grow magic rocks
55. Water house plants	56. Reminisce about the first kiss
57. Play horse shoes	58. Dance
59. Sing favorite hymns	60. Make homemade ice cream
61. Force bulbs for winter blooming	62. Make Christmas cards
63. Sort playing cards by their color	64. Write a letter to a family member
65. Dress in red on a football Saturday	66. Pop popcorn
67. Name the presidents	68. Give a manicure
69. Make paper butterflies	70. Plant a tree
71. Make a May basket	72. Make homemade applesauce
73. Finish famous sayings	74. Feed the ducks
75. Mold with PlayDoh	76. Look at pictures in a <i>National Geographic</i>
77. Put a simple puzzle together	78. Sand wood
79. Rub in pleasant-scented hand lotions	80. Decorate paper place mats
81. Arrange fresh flowers	82. Remember famous people
83. Straighten underwear drawers	84. Finish nursery rhymes
85. Make peanut butter sandwiches	86. Wipe off patio furniture
87. Cut up used paper for scratch paper	88. Take care of a fish tank

89. Trace and cut out leaves	90. Ask simple questions
91. Finish Bible quotes	92. Paint with string
93. Cut out pictures from magazines	94. Read classic short stories
95. Put coins into a jar	96. Sew sewing cards
97. Put bird feed out for the birds	98. Clean out a pumpkin
99. Reminisce about a favorite summer	100. Roll yarn into a ball
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Compiled by the Alzheimer's Association