Suggested Activities

For

Caregivers

For additional information about Arden Courts, please email the Marketing Director at 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
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
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/1st 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:
   *2 lbs 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

By Susan Loan Lonn, Madonna Adult Day Services, Lincoln, Nebraska. Alzheimer’s Association of Orange County
Chapter Newsletter – Summer 1994, Revised 6/98
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.

<table>
<thead>
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<td>10. Ask a friend, neighbor, church acquaintance who has a baby to visit</td>
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<td>11. Listen to polka music</td>
<td>12. Plant seeds indoors or out</td>
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<td>13. Look at family photographs</td>
<td>14. Toss a ball</td>
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<td>23. Have a calm pet in to visit</td>
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<td>25. Wash silverware</td>
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