

# 101 Things to Do With Dementia Patients

Engaging individuals with dementia in meaningful activities can provide comfort, reduce agitation, and enhance their overall well-being. This list includes 101 simple, safe, and enjoyable activities that can be modified for different stages of dementia. The goal is to encourage participation and joy, not perfection or performance.

## ***Creative & Artistic***

- Paint with watercolors or tempera paint
- Color in adult coloring books
- Make simple collages from magazines
- Create homemade greeting cards
- Knit or crochet with soft yarn
- String large beads onto yarn
- Decorate flower pots
- Make tissue paper flowers
- Fold paper airplanes or origami
- Draw favorite childhood memories

## ***Music & Sound***

- Listen to familiar songs
- Sing along to old favorites
- Play rhythm instruments
- Tap to the beat of a song
- Dance together to soft music
- Attend a live music session
- Hum simple tunes
- Listen to nature sounds
- Make a playlist of happy songs
- Identify songs from different decades

## ***Sensory & Tactile***

- Handle textured fabrics or objects
- Use a sensory bin with rice or beans

- Play with soft clay or dough
- Feel sand or pebbles in a bowl
- Brush a doll's hair
- Hold smooth stones or shells
- Smell flowers or herbs
- Rub lotion on hands together
- Use aromatherapy oils
- Sort fabrics by texture

### ***Movement & Physical***

- Take short walks outdoors
- Do gentle stretching or yoga
- Toss a beach ball back and forth
- Clap to the rhythm of music
- Fold laundry or towels
- Water indoor plants
- Feed birds or fish
- Sweep the patio
- Balloon volleyball
- Sit and march in place

### ***Reminiscence & Memory***

- Look through old photo albums
- Talk about favorite childhood toys
- Discuss old family traditions
- Watch classic TV shows
- Name favorite foods from the past
- Listen to old radio programs
- Reminisce about school days
- Talk about favorite holidays
- Look at old postcards or letters
- Share stories about pets

### ***Social & Emotional***

- Have tea or coffee together
- Invite family for a visit
- Read aloud from a short book
- Play simple games like bingo
- Tell jokes or riddles
- Look at picture books together
- Plan a pretend picnic
- Compliment each other
- Do a gratitude activity
- Make a memory jar of kind words

### ***Nature & Outdoors***

- Plant flowers or herbs
- Sit outside and feel the breeze
- Bird-watch from the window
- Collect leaves or pinecones
- Go for a scenic drive
- Feed ducks at a pond
- Watch the sunset
- Visit a garden or park
- Water outdoor plants
- Listen to outdoor sounds

### ***Household & Practical***

- Fold napkins or towels
- Sort silverware
- Wipe tables with a damp cloth
- Dust furniture safely
- Match socks
- Organize a drawer
- Polish plastic dishes
- Hang clothes on hangers
- Set the table
- Help with meal prep (stirring, pouring)

### ***Games & Fun***

- Play catch with a soft ball
- Try simple puzzles
- Play card games like Go Fish
- Do word searches or matching games
- Stack plastic cups
- Try bowling with plastic bottles
- Play 'I Spy' around the room
- Watch animal videos
- Blow bubbles together
- Do easy trivia questions

### ***Relaxation & Comfort***

- Sit quietly with soft background music
- Have a hand massage
- Brush or comb hair
- Use a warm blanket
- Smell favorite scents (vanilla, lavender)
- Watch a fish tank or aquarium video
- Read calming poetry
- Listen to gentle rain sounds
- Hold a comforting stuffed animal
- Do breathing exercises together