



## ACTIVITIES FOR DEMENTIA PATIENTS

1. Encourage everyone in your facility to be an activity staff. Activities lead to lessening of agitation in long-term care residents.
2. Solicit the involvement of family, friends and volunteers in the community to supplement activity staff. Church and service groups should also be contacted to aid in the availability of activities, especially in the evening hours.
3. Sensorimotor programming aides in lessening agitation as well as increased flexibility and strength. Use the skills of physical and occupational therapists when developing such programs for your residents.
4. Individualize activities based on sensory, cognitive and physical limitations.
5. Activities can be used to help prevent agitation, depression and anxiety. Once those states are present be careful not to worsen these symptoms by engaging residents in activity.
6. Involvement of family members gave the visitors a sense of involvement when engaged in an activity rather than experience frustration or inadequacy due to an inability to effectively communicate with the resident.
7. Employ the suggestions outlined in the talk for specific activities.
8. Useful websites: Timeslips is a storytelling activity that involves residents of all abilities and focuses on imagination, not memory. <http://www.timeslips.org>  
Simple Pleasures is a volunteer driven activity program for residents with dementia.

Instructions for construction and use of products, as well as discussion points to stimulate activity are provided. To reach this site you may "google" Dementia Edge project or go to:

[http://www.health.state.ny.us/diseases/conditions/dementia/edge/interventions/simple/simple\\_programstructure.htm](http://www.health.state.ny.us/diseases/conditions/dementia/edge/interventions/simple/simple_programstructure.htm)

The "Try This:" program of the Alzheimer's Association and John A. Hartford Institute for Geriatric Nursing offers a 2 page Therapeutic Activity Kits website <http://consultgerirn.org/uploads/File/trythis/theraAct.pdf>

Developed by Thomas Magnuson, MD, Brenda K. Keller, MD, CMD