

## MAXIMIZING QUALITY OF LIFE – ACTIVITIES FOR DEMENTIA PATIENTS

1. Encourage everyone in your facility to be an activity staff. Activities lead to the 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 aids in lessening agitation as well as increasing 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 experiencing 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, and points to stimulate activity are provided. To reach this site you may "google" the 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://consultgerim.org/uploads/File/trythis/theraAct.pdf>

### Video Links

- [Things A Dementia Patient Can Do: Part 1](#) (3min41sec)
- [Things A Dementia Patient Can Do: Part 2](#) (3min35sec)
- [Games to Play with a Dementia Patient](#) (3min22sec)
- [Summer Activities for Dementia Patient](#) (3min41sec)
- [Scheduling Activities for the Dementia Patient](#) (2min35sec)
- [Creating Meaningful Activities for Persons with Cognitive Impairment](#) (51min34sec)
- [Is the "Activity" The Pill for the Individual with Dementia with Behavior Symptoms?](#) (8min37sec)
- [Art Therapy Activities: Art Therapy Projects for Alzheimer's](#) (2min15sec)
- [Alive Inside: How the Magic of Music Proves Therapeutic for Patients with Alzheimer's and Dementia](#) (17min27sec)

## MAXIMIZING QUALITY OF LIFE – ACTIVITIES FOR DEMENTIA PATIENTS

[Engaged Caregiving and Stage-Appropriate Activity for Individuals with Frontotemporal Dementia](#) (31min27sec)

[A Different Visit: Montessori-Based Activities for People with Alzheimer's / Dementia](#) (8min07sec)

[Tele-workshop: Activities to do with the Person with Dementia](#) (33min55sec)

[Dementia: Rediscovering Moments of Joy through Activities](#) (4min56sec)

[Dementia/Alzheimer's: Why Activities Matter](#) (5min49sec)

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