

List of home activities for people with dementia

Remember:

The process of engaging in the activity is more important than the product.

1. Fold laundry
2. Count old money, mostly coins, and put into canister or piggybank
3. Sweep the floor with broom, use dust-cloth
4. Read newspaper or magazine headlines out loud
5. Bake cookies / muffins /bread
6. Take care of plants
7. Look at pictures
8. Color or paint a picture
9. Prepare juice (lemon, orange, grapefruit)
10. Throw ball back and forth
11. Sing familiar songs
12. Do simple crafts (Pinterest has many ideas
13. Knitting or embroidery
14. Reminiscing
15. Sort and fold pairs of socks
16. Arrange flowers
17. Roll yarn into balls
18. Cut out simple shapes and glue them on paper for a collage or wish board
19. Put drawers and closets in order
20. Home mani/pedi
21. Use sandpaper to smooth pieces of wood
22. Make popcorn

23. Write letters to significant others
24. Sort cards by color/ shape/ number, etc.
25. Make a family tree
26. Card games: Rummy, Go fish, Taki, War
27. Blow soap bubbles
28. Make figures and beads out of Fimo/ salt dough/ Das, etc.
29. Who is in the picture? – quiz about famous people
30. Make a bead necklace
31. Clean and shine silverware
32. Do a puzzle
33. Play games on a tablet or computer
34. Separate legumes by shape or color
35. Sensory boxes: put rice/ couscous/ lentils in a box and put small objects in them for rummaging
36. Balloon volleyball with several balloons