

Activities you can do at home

1 listening

Listening is an activity, many people with dementia love company and a chance to chat, What they chat about is not always important, but listening is, never correct facts, if you are being told about an event at a place and you know it took place elsewhere do not correct, the same goes for people or names. Let the person tell their story as they remember it.

2 Cooking

Many people can still help with cooking, rubbing in, mixing, slicing, reading recipes, buttering bread, making up sandwiches, giving instructions, remembering what loved ones in their past made. Just sit at the kitchen table and see what they can still do not what they can not.

3 Music / singalong

Play much loved music, see who can guess the name of it first, its best to let the person with dementia win, it helps their feeling of self worth and achievement. Singing along helps so much with retention of speech and a positive mood.

4 Games

Puzzles / word searches / Jigsaws/ cards / dominos all are perfect, again do not stress if its not done right it is the taking part that counts

5 Reading out loud

Gossip magazines, cooking magazines newspapers, poems short stories, old letters all work well, try and keep to good news. Holliday brochures are excellent, plan a fantasy holiday

6 In door pick nick / posh afternoon tea

We all love an occasion, get the plastic picnic plates and cups or the posh china for afternoon tea

7 Remember when

Nana got drunk, We went to Scarborough, We won the big Ted on the Bingo, I sent the kids to School on a Saturday, Try and stick to favourites, or funny ones, it does not matter if they are telling it for the 1,000th time, act like it's the first time you have heard it.

8 Hand massage / doing nails

Massaging hands is good for men and women too, human contact is important

9 Make up a memories box

Get a small box and fill with photos, or small things that remind a person of good times, fridge magnets, little keeps sakes from travels, old film or theatre tickets, a bingo sheet, old sweet wrappers, newspaper cuttings, pressed flowers

10 House work

If a person can not move around, give them things to dust or polish, you can also reminisce about where the item came from