

## Keeping Engaged with Activities

Activities help the person with Alzheimer's or other dementia to remain engaged and helps them and their caregivers through the day in a much smoother way. Activities should be planned on the basis of what the person can do, what they like and what is convenient. They may like to play cards, or they may like to wash dishes. If it keeps them active, is safe and manageable, allow them to do it. Don't listen to anyone who feels that talking to a doll or folding clothes are things that are "below the dignity" of your loved one. Your goal is peace and happiness!

Here's our list, let us know what works for you.

**Listening to music:** Music of the right kind can help the day be much happier. Even if it is the same song again and again, let it play.

**Company:** Having a large group get together may not work but occasional visitors can help set a positive mood.

**Watching TV:** Watching shows or sports they like, can be helpful. Be careful about what kind of TV content leads to a better day and what results in discontent. Often when the mind cannot differentiate between TV and reality there may be problems.

**Help around the house:** Folding clothes, stacking books, arranging papers, cleaning windows, laying the table, putting away the vessels, the list is endless. These also make them feel a part of the family's daily life. Ask them to help you if you think they can do a task.

**Crafts** –Drawing Painting and other simple crafts can also be attempted.

**Reading** reading the newspaper, reading magazines, can also be an activity even after the understanding of the written word is no longer present.

**Memories** – old family photographs and old pictures of places, events celebrities can be made into albums.

### **Arranging activities**

- Arranging coins in different denominations.
- Arranging plastic play money according to colour
- Arranging playing cards

Remember, you are not expecting the work to be done well, or correctly. It is to keep the person occupied and provide a sense of accomplishment. Repetitive tasks work better in the later stages. You may need to help a little, and give simple instructions. Don't insist on doing anything, try again or adapt the activity. Plan the day in advance according to your convenience. If it doesn't go as planned don't be upset. Remember, all things will not work for all people. What works today may not work tomorrow, and may work again next week. Be flexible, it is not you against the person it is both of you against the disease.