

Creating Meaningful Moments with a Loved One with Dementia

We all want to spend quality time with our loved ones. However, your time together likely has changed as memory loss sets in. This doesn't mean, though, you still can't enjoy each other's company.

Providing meaningful activities for individuals with dementia is an important part of caregiving. Activities should be stimulating, age appropriate and bring your loved one satisfaction. By offering the right kind of activities, quality of life can be enhanced for both of you. Here are a few tried-and-true ideas:

- Word games, word searches, crossword puzzles
- Jigsaw puzzles
- Painting with watercolors
- Cooking and baking familiar foods
- Cutting coupons
- Tending to an herb garden, window garden or cut flower garden
- Flower arranging or crafts
- Household chores like dusting, sweeping, folding laundry
- Listening to favorite music/record albums, playing an instrument
- Caring for pets
- Reminiscing
- Sharing family history
- Outdoor walks
- Accompanied visits to restaurants, stores, church/temple

Enjoy your time together.



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