



Activity Tips for Seniors with Dementia

By Todd A. Shetter, Chief Operating Officer of ActivCare Living, Inc.

Tip #1 Music can calm a restless soul. An iPod with favorite playlists can work wonders for residents who need a means to relax. Music provides comfort and fond memories and can reduce restlessness and pacing.

Tip #2 Dehydration is a risk for the elderly. Make a beverage together and turn healthy fluid intake into a fun activity while still accomplishing a wonderful goal of staying hydrated!

Tip #3 Keep it simple. Prioritize errands and make no more than two stops a day with an Alzheimer's family member. Constantly getting into and out of the car with noise, distractions, and overwhelming stimuli can increase tension, confusion and the trigger for a catastrophic reaction.

Tip #4 Reminisce with photos. Create a simple, colorful graphic family tree with large cut out photos of key local family members with their names. Making time each week to discuss familiar faces helps keep names and faces connected, and create great opportunities to reminisce and share memories.

Tip #5 Use a white boards. In the kitchen or dining room keep the current day of the week and date displayed. In the bathroom keep the daily hygiene routine listed – bathing, grooming, and dressing – to serve as prompts and reminders.

Tip #6 Choose finger foods. Pacing and restlessness are common with Alzheimer's residents. Easy-to-grab items such as bananas, PB&J sandwiches cut in half and burritos make great calories on the go.

About ActivCare

ActivCare Living develops and manages residential communities designed to enhance the lives of those with memory loss. With locations in Carlsbad, Chula Vista, Long Beach and opening soon in Pacific Beach, ActivCare's assisted living communities, activity programs, experienced staff and compassionate care are purpose-built to meet the special needs of those with Alzheimer's or related dementia. For more information about ActivCare Living and its communities, please contact (888) MEM-LOSS or visit www.activcareliving.com.