

Creating Meaningful Activities for People with Dementia

Presented by

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Objectives

- Will be able to implement an activity assessment.
- Will be able to list successful activities for people who have dementia

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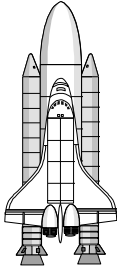
Activities are important because they give us.....

- purpose
- creativity
- relaxation
- a sense of belonging
- ability to teach others
- success
- socialization



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Step Into Another Dimension “Fire Up the LEM”



- Enter a Whole New World
- Mental Preparation Daily - Influences Programming Style
- Put Yourself in the person’s shoes

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Components of an Activity Assessment

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Personal History

- Where is the person from?
- Where has the person lived?
- What was the person’s occupation?
- Where did the person go to school?
- How many languages does the person know?
- Was the person in the service?
- Is the person married?
- Does the person have family members that interact with him/her?

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Personal History - II

- How does the person spend a typical day?
- Does the person like a shower?
- Does the person sleep in?
- How often does the person nap?
- What major events has the person been through?
- What was the person's personality like before memory loss and currently?

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Medical Information

- Vision
- Hearing
- Alcohol/Smoking
- Diagnosis
- Communication
- Ambulation
- Diet

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Leisure Interests

- You need to investigate - dig deep.
- What type of books does he/she like to read?
- Does he/she have a favorite author?
- Does he/she have a magazine subscription?
- Each leisure interest should help you begin the planning process.

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Interest - Singing Standards

- Music Trivia
- Sing-a-Long
- Music Listening
- Musician Biography
- Live Entertainment



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Sitting on the

- Dock of the Bay

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You're the wind

- Beneath my wings

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Under the

- Boardwalk

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I cant get no

- Satisfaction

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Take me out

- To the ball game

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Happy

- Birthday

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Born to

- run

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My Bonnie

- Lies over the ocean

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Let me call

- you sweetheart

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Leisure Interests

- Reading
- Collecting
- TV/Movie
- Music
- Art
- Gardening
- Baking/Cooking
- Sports/Sports Fan
- Travel
- Religion
- Volunteer/Clubs
- Children
- Pets
- Reminiscence/Social Events
- Humor
- Games/Cards/Bingo

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Sports Trivia

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Basketball - Boston

- Celtics

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Hockey - Montreal

- Canadians

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College - Notre Dame

- Fighting Irish

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Baseball - Washington

- Senators

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Football - Baltimore

- Colts

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Saying - An Apple a Day....

- Keeps the doctor away

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Level of Participation

- Independent
- Dependent
- Observes
- How does he/she observe?
- Unaware
- Minimum, Moderate, or Maximum

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Strengths and Needs

- Review the assessment.
- What are some strengths?
- Example Strengths – loves to socialize, loves music, loves art, enjoys physical activity
- Example Needs – to sleep in, worries about paying her way, thinks other resident do not like her at times, is anxious in evening
- Then write a plan

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Write a Daily Life Plan

- Morning – reads paper, washes car, crushes can, listens to music
- Afternoon – fold towels, sorts silver, bakes cookies, listens to biography presentation
- Evening – dances, listens to ball game, reads prayers
- Bedtime Routine
- Important things that matter most should occur

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Planning an Activity

- Plan ahead.
- Plan using the person's interests.
- Plan for half hour increments.
- Have a back up plan.
- Adapt a favorite activity – give an example
- Break the activity into as many steps as you can

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Leading an Activity

- Have supplies ready to start.
- Be patient.
- Be aware of how you communicate.
- Have your backup plan ready.
- Be aware of the person's comfort.
- Use a space the person is comfortable in.
- Write down how it is received.

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Intellectual

- Reading Aloud
- Biographies
- Books on Tape
- Slide Shows
- Name That Tune
- Current Events
- Trivia

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Spiritual

- Radio Mass
- Prayer Books
- Clergy Visits
- Bible on Tape
- Bible Study
- Hymns on Tape

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Physical

- Sittersize
- Dancing
- Basketball
- Swimming
- Golf
- Balloon Ball
- Walking

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Social

- Happy Hour
- Cocktail Parties
- Discussion Groups
- Tea Parties
- Entertainment
- Have friends in

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Creative

- Paint by Numbers
- Ceramics
- Cooking
- Flower Arranging
- Baking
- Collages

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Diversional

- Trips to
- Sing-a-Longs
- Bingo
- Sensory Stimulation
 - What is Sensory Stimulation?

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Sensory Stimulation



- Sound
- Smell
- Touch
- Taste
- Sight
- Kinesthetic

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■ Haussners Restaurant, Baltimore MD

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■ Bromo Tower, Baltimore MD

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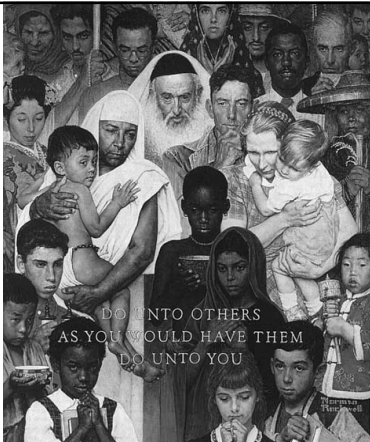
■ Annapolis Lighthouse

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■ Mufflerman, Havre de Grace, MD

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Fine Art Discussion

- Pictures of Famous Paintings
- Biography of Artist
- Be Quiet – let the picture create the discussion

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Fall Sensory

- Picture of pumpkins - visual
- Smell cinnamon - smell
- Bowl of applesauce - taste
- Listen to mash - listening
- Dried leaves - touch
- Throw football - kinesthetic

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Wash the Car

- One Day at a Time
- Clean the Hubcaps
- Wax the Hood
- Vacuum the Floor Mats
- Clean out the Trunk

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Snowball Toss

- Fresh Snow
- Styrofoam Balls
- Hot Cocoa

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House Chores

- Peeling Vegetables
- Folding Clothes
- Snapping Beans
- Dusting
- Sorting Old Bills
- Wiping Down Tables or Furniture
- Polishing Silver

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Potato Chip Sensory

- Different Flavor Chips
- Beer or Soda
- History of the Potato Chip

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Hershey Biography

- History of Milton S. Hershey
- Pictures of the park
- Tell stories about personal trips
- Pass out chocolate

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First Dates

- Where did you go?
- What time did you have to be home?
- Did you get/give flowers?
- What did you wear?
- What type of music did you dance to?

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Horseshoes

- To keep score or not to keep score
- Rubber Horseshoes
- Talk about where the participant played
- Beverages
- Play outdoors if you can

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Crosswords

- Keep it simple.
- Give them half the answer.
- Fill in the blank questions.
- Design your own - dry erase board.
- Theme topics.
- Consult the net.

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Hymn Sing

- Traditional Hymns
- Have recording of song if necessary.
- Pray together.

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Coffee Mug Art

- Draw a picture of a coffee mug
- Paint the shape of the mug with glue
- Scatter coffee grounds on the glue
- Facts about coffee consumption
- Smell mug art
- Drink some coffee

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Grating Cheese

- Block of cheese
- Handheld cheese grater
- Great Exercise

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Crushing Cans

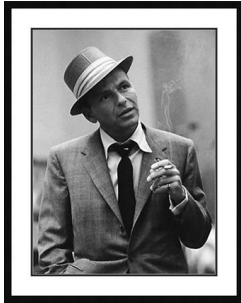
- Assess for safety first
- Great for the environment
- Good exercise

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Frank Sinatra Biography

- Read his biography
- Listen to a few songs
- Look at photos

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Resources

- Activity Assessment
- Internet
- Library
- Second Hand Stores
- Basement/Attic
- Newspaper, Magazines, etc.

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Websites

- <http://www.puzzle-maker.com/>
- <http://www.epodunk.com/>
- <Http://www.wikipedia.com> – great for images

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Conclusion

- Take the time to an activity assessment
- Write down activity ideas.
- Make a list of what works and what does not work.
- Use resources and make a list of what you have.
- Make a plan for the day.
- Good days and bad days - each day is a new and different one – flexibility.
- Have fun; the person needs to have fun and laugh; a smile = A job well done.

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Thank You!!!

- Any Questions??????
- Vozzells@emaseniorcare.org

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