

## Activity Ideas

- Remember, it's not about being productive. It's about being engaged in the moment.
- It is not about the expectations of the caregiver, rather the comfort of the person for whom the caregiver is providing care.
- Assess each activity for the many steps it takes to complete it. Each step is a specific task that the person can possibly do.
- Reduce all sources of frustration.
- Plan the activity and have any equipment needed to accomplish it nearby.
- Provide dignified support as needed. Guide a hand, describe what needs to be done next as you are moving through the task steps.
- If stress develops, **stop the activity** and take immediate action to reduce the stress.

### Creativity Ideas:

Create with clay  
Paint or draw a picture (but be sure to never start with a blank sheet of paper)  
Listen to music  
Tell stories  
Arrange flowers  
Sort colorful objects  
Take photos  
Put a puzzle together  
Read the newspaper or a good book out loud together  
Record their stories or memories for family members  
Start a family tree or a family video for all your family members to enjoy  
Watch an old movie together  
Reminisce with old photo albums

### Outdoor Ideas:

Feed the birds  
Sweep the patio  
Wipe off patio furniture  
Water plants  
Rake leaves  
Weed the flower bed  
Plant seeds in containers  
Plant something  
Sand wood pieces  
Wash the driveway  
Take a walk  
Go for a drive  
Cut flowers for indoors

### Daily Living Ideas:

Set the table  
Fold clothes, towels, etc.  
Wash silverware  
Feed the pets  
Dust  
Run the sweeper  
Sort Mail, or other papers  
Peel vegetables  
Sort nuts, bolts, nails, etc.  
Sweep the floor  
Shine the faucets  
Make a simple dessert  
Select an outfit to wear  
Roll yarn into a ball  
Plan a meal