

# 37 Activities to Enjoy at Home

Until conditions allow for more travel outside the home, the Alzheimer's Association offers 37 meaningful and fun ways to spend time with your loved one living with dementia. Tip one: Take your cue from the person. What do they like to do? What are they able to do? What are they in the mood for today?

## Do something inside

- Listen to the person's favorite music
- Look at family photo albums
- Prepare afternoon tea
- Model with play dough
- Play checkers or dominos
- Name the presidents
- Look at photos in a photography book or magazine
- Identify states on a U.S. map
- Complete a puzzle together
- Read from one of their favorite books
- Watch a favorite movie or sitcom
- Ask the person about his or her childhood, siblings, school, pets or first car
- Read the newspaper together or read it to them
- Play a card game
- Watch funny videos online

## Do something outside

- Take a walk around the yard or go get the mail
- Plant flowers
- Water plants
- Feed the birds
- Rake leaves
- Play catch or toss a ball
- Play horseshoes
- Sweep the porch or patio
- Set up a picnic on the lawn or in the backyard
- Sit on the porch and drink coffee, hot chocolate or lemonade

It doesn't matter if the activity needs to be done or if it is done well. If it doesn't work, you can always try something else. Be patient and you will figure out what works!

## Do something personal

- Give the person a hand massage with lotion
- Brush his or her hair
- Give the person a manicure
- Take photos of the person and make a collage
- Encourage the person to talk more about subjects they enjoy
- Make a family tree posterboard
- Do something in the kitchen
- Bake cookies or bread
- Set the table
- Make the person's favorite lunch or snack
- Wash and dry dishes
- Put silverware away

[Click here for a longer list of activities to be enjoyed now and in the future.](#)