

# 21 Activities to do with your loved one

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- 1 Go for a walk – around the block, or to feed birds in the park. Fresh air, and exercise, work wonders.
- 2 Listen to music; sing together if you can – especially old songs your loved one might enjoy. (Scientists have found that music, particularly singing, aids communication with people suffering from dementia).
- 3 Read a book, newspaper or magazine out loud. Most of us love to hear a good story.
- 4 Play a board game or cards, or do a jigsaw puzzle together. It'll help to stimulate your minds.
- 5 Watch a movie or popular old series (TV or DVDs). Then you can share your views on the plots and your favourite characters.
- 6 Color pictures, or draw or paint together. Being creative is fun.
- 7 Solve crossword, Sudoku or rebus puzzles. They're great for sharpening the mind.
- 8 Write letters to a family member for their anniversary, birthday or upcoming holiday (e.g. Christmas or Easter). You'll enjoy focusing on someone you both know and care about.
- 9 Have a friend bring a pet. A cute dog or kitten can transform the atmosphere of a caregiving environment.
- 10 Plant a flower or seeds, or just water house plants together. Their growth will give you something interesting to talk about
- 11 Pick flowers, and make a bouquet together. Beautiful colours and scents help you feel good.
- 12 Create a meal menu for the week. It gets the imagination going and gives you something to look forward to.
- 13 Take a ride together, in a car, or on a bus, tram or train – to an amusement park, zoo, museum, or nearby castle. It could be a great adventure.
- 14 Have a picnic for just the two of you or with other family members/friends. It's another good excuse to get some fresh air.
- 15 Bake a cake or cookies together. The gentle physical exercise is good for you when you're stuck indoors.
- 16 Buy different exotic fruits and eat them together, talking about their names and countries of origin. It's good for your health and will stimulate your imagination.
- 17 Sit together on a public bench and watch the world go by. You might be surprised who or what you see.
- 18 Dance, stretch or practice gymnastics together. It's important to move about and exercise regularly.
- 19 Create your own spa/beauty salon at home. Give your loved one a manicure, or put on a face mask together. It's fun, and it feels good.
- 20 Make a scrapbook using pictures from old magazines. Your loved one could choose a favourite topic.
- 21 Look through old photo albums, family heirlooms or greeting cards. They're bound to spark memories and stories you can share.