



**2020
SOCIAL
ACTIVITY
BOOKLET FOR
PEOPLE
LIVING WITH
DEMENTIA OR
ALZHEIMER'S
DISEASE**

Ideal  Caregivers 4u

WELCOME!

This activity booklet is for caregivers who look after someone who has moderate to severe memory loss and need help with planning their daily activities.

Planning and caring for your loved one with memory loss can be a daunting task and become more difficult as the memory loss progresses.

We have created this activity booklet as a guide so you can both enjoy a range of stimulating activities.

Activities should be appropriate to the person and reflect their previous and present interests. Ensure the activities fit in with the person's preferences and abilities and make sure they can cope with them physically.

Activities should be positive and enjoyable. The activities do not need to be done all in one visit or by yourself. If you have family and friends who visit your loved one, ask them for help.

You can also hire a companion from a company for services to give you the rest you need. It is essential for your health and will allow you to recharge your batteries so that you can continue caring for your loved one. Connect with us when you need respite Rest for short term or long term services.

What Is the Difference Between Dementia and Alzheimer's

What Is Dementia?

Dementia is a term used to describe symptoms that impact memory, the performance of daily activities, and the ability to communicate.

Dementia is not a disease, but a group of symptoms that are associated with a decline in thinking, reasoning, and remembering.

If someone has dementia, they may have difficulty carrying out daily tasks they have performed routinely and independently throughout their lives.

Symptoms of Dementia

Dementia is a decline in mental abilities that leads to the following symptoms:

- Memory loss or confusion
- Personality changes affecting daily life
- Difficulty with judgment or reasoning
- Causes Irritability or aggression
- Trouble communicating or socializing

People who have dementia are unable to keep track of time or remember a list of products. Similarly, they can get lost while driving or forget where they placed items.

What Is the Difference Between Dementia and Alzheimer's

What Is Alzheimer's Disease?

Alzheimer's disease is a form of dementia, which is terminal, a progressive brain disorder that has no known cause or cure to date.

It slowly steals the minds of its victims, leading to memory loss, impaired judgment, confusion, personality changes, disorientation and the inability to communicate. Dementia usually occurs in the mid to later stages of Alzheimer's disease.

Alzheimer's Disease Symptoms

Memory loss is the symptom most associated with Alzheimer's disease.

Those include:

- Short-term memory loss
- Trouble making decisions and planning
- Difficulty communicating
- Isolation from friends and family

People with Alzheimer's ask repetitive questions, forget people's names and or planned appointments. Also, they have difficulty with finances or following directions.

Why are activities so important?

Participating in activities can help prevent boredom, frustration, and challenging behaviors.

Activities have many advantages.

They can:

- Improve physical health
- Increase Longevity
- Maintain independence in their home
- Maintain self-esteem and confidence
- Better cognitive function
- Boost immune system
- Reduce the risk of stroke and heart attack
- Prevent falls
- Better bone density

“I know I can’t always find the right words. Sometimes I just use the word that pops into my head, just to keep the conversation going, but I know it’s the wrong one.”



COMMUNICATION

Cards For Dementia Care

How are you
feeling
today?

Communication Cards are visual tools that can be used to overcome communication difficulties with loved ones who are no longer able to express themselves verbally.



Communication cards are useful for people living with advanced dementia, Alzheimer's or people who are not able to communicate verbally and other related conditions affecting communication.

They are also useful for loved ones from non-English speaking backgrounds who have reverted to speaking their native language.

COMMUNICATION

Cards For Dementia Care



Attached are some communication card templates to get started.

These can be laminated and used as they are or enlarged to make individual flashcards.

Communication cards should be in black and white for people with advanced dementia. They should be written in a large font so your loved one can read them. Stick to words or short sentences.

Keep the communication cards in categories such as:

- Daily living activities (bathing, dressing, eating, toileting)
- Feelings (angry, frustrated, depressed, sad)
- Events (anticipation, expectation, leisure)
- Memory and cognition (confusion, recognition, anxiety, worry)
- Empathy (support, acknowledgment, respect, partnership)

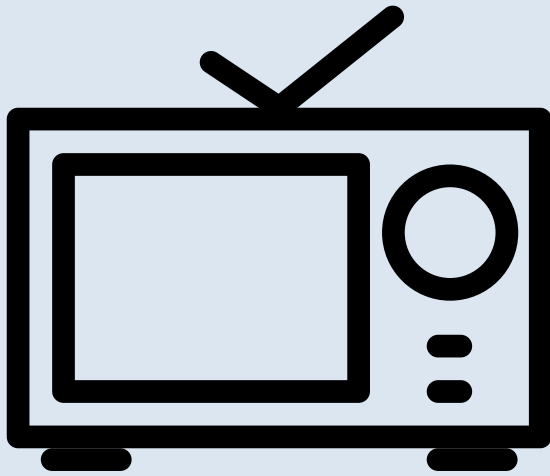
Cut the Communication Cards to have a conversation.

YES

YES

NO

NO



Television



Phone



News



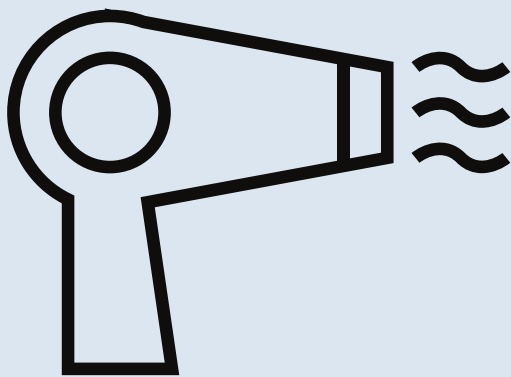
Radio



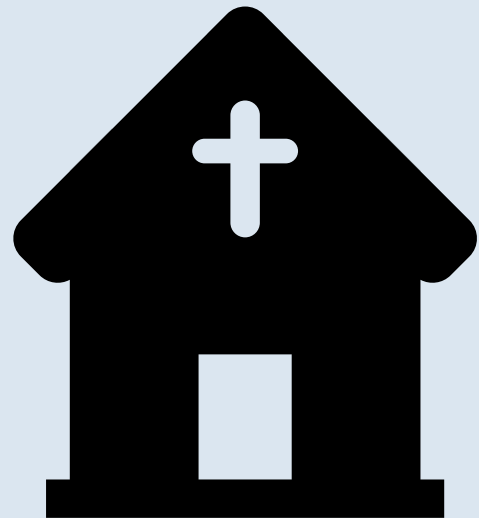
Go for a Walk



Dentist



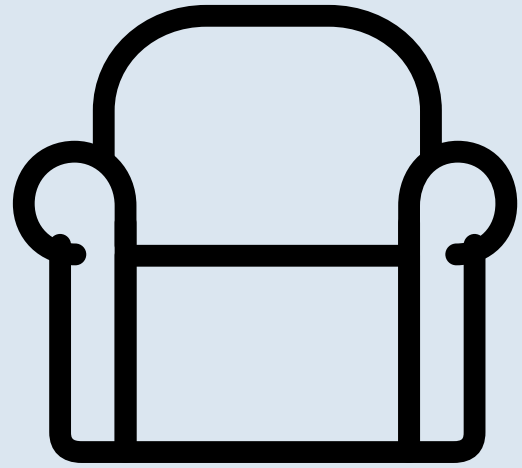
Hair Dresser



Chapel



Sleep



Sit Up



Happy



Sad



Worried



Angry



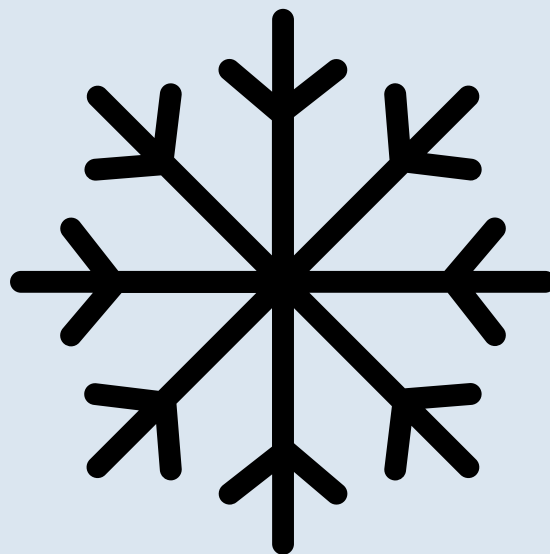
Sleepy



Too Noisy



HOT



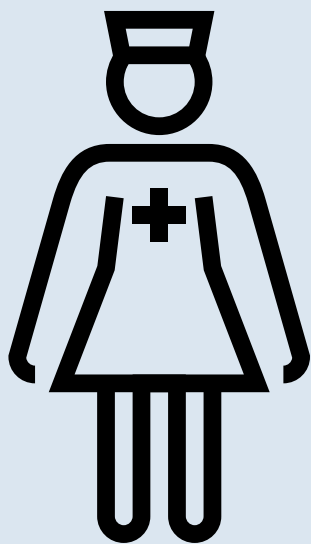
Cold



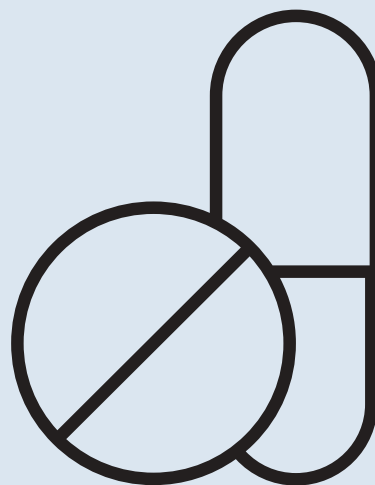
Toilet



Shower



Nurse



Medication



Cold Drink



Hot Drink

COLORING FOR ADULTS

Creativity



Studies have shown positive outcomes, for people living with dementia who color, it decreases their agitation and anxiety.

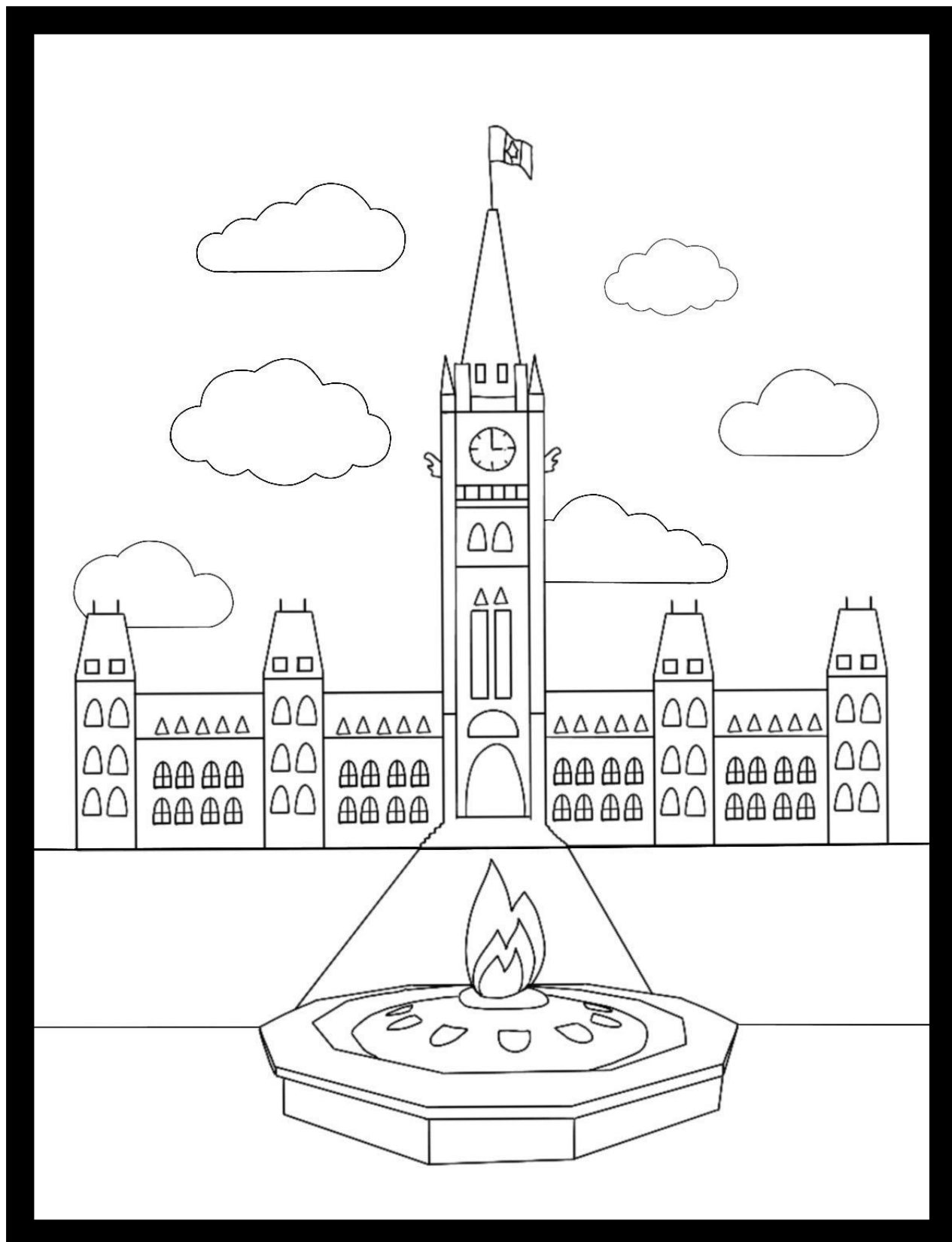
Coloring activities are known to:

- Promote socialization and reminiscing
- Relieves stress
- Improve mood
- Encourage cooperation
- Reduce agitation
- Provide an outlet for self-expression
- Help to maintain motor function
- Improve dexterity (grip control)
- Improve hand-eye coordination
- Promote mindfulness
- Provide a sense of accomplishment

**BRING A LITTLE COLOUR INTO
YOUR LOVED ONE'S LIFE TODAY!**



Parliament Hill, Ottawa, ON



Canadian Flag



Search Puzzle

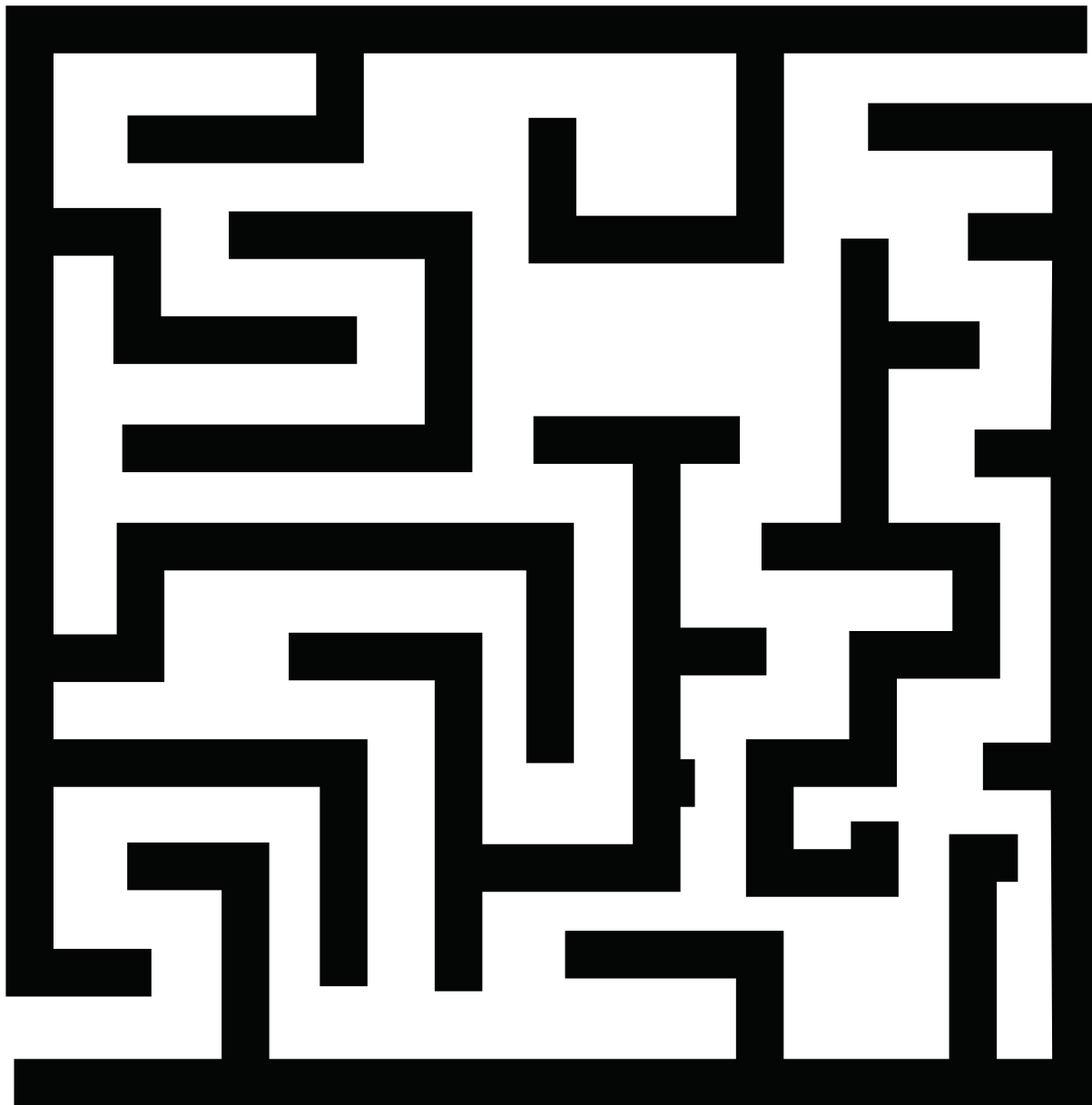
Word Search Puzzle Grocery Shopping

M	H	A	P	P	L	E	S
C	T	H	J	S	G	Y	T
B	L	B	R	E	A	D	P
R	L	S	C	W	T	M	N
T	E	G	G	S	N	C	Q
S	T	R	L	Z	W	M	S
B	R	W	Q	M	E	A	T
M	I	L	K	N	H	Y	R

Cross out the words in the puzzle.
The first one is done for you.

APPLES BREAD EGGS MEAT MILK

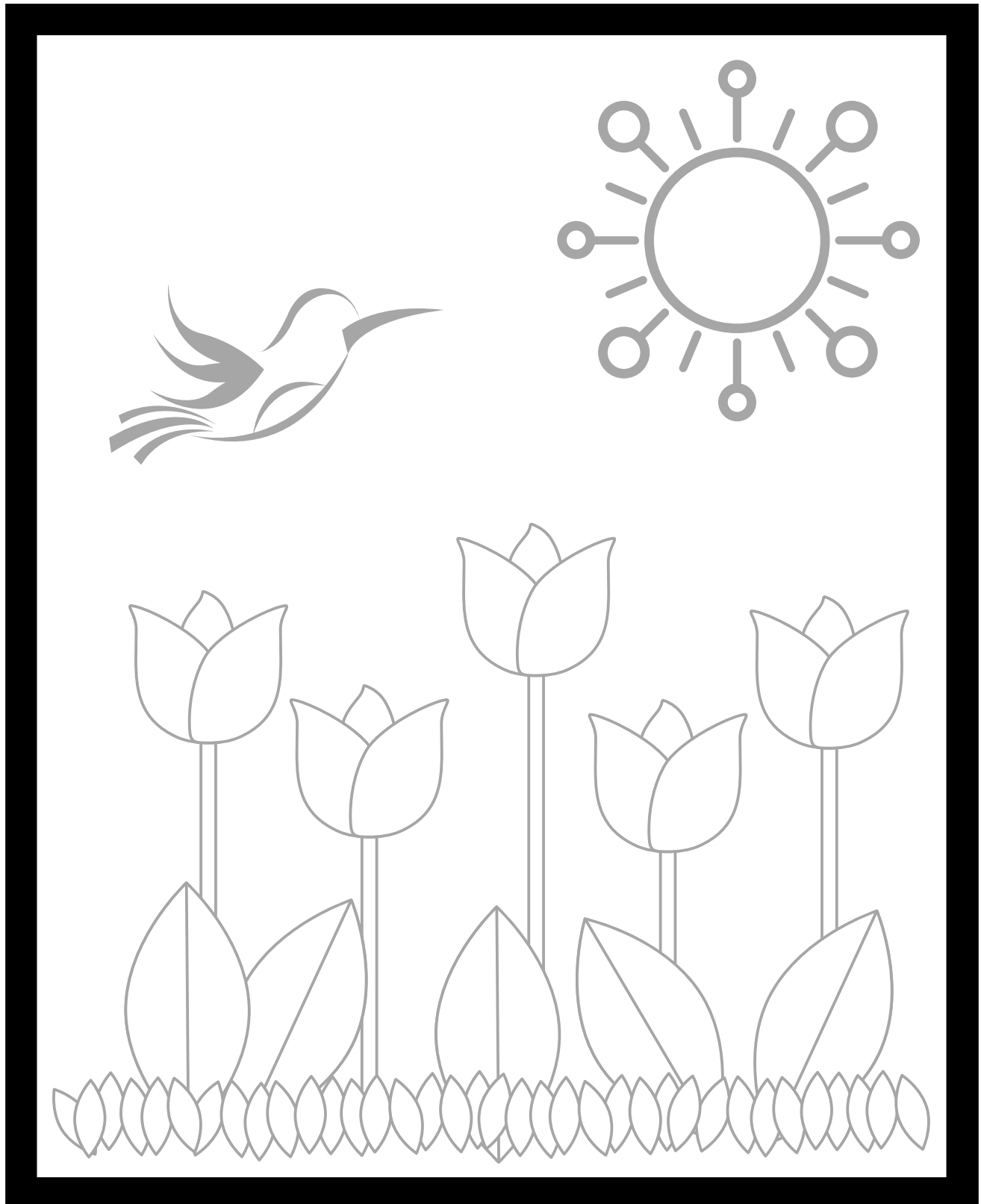
Find Your Way through the Maze



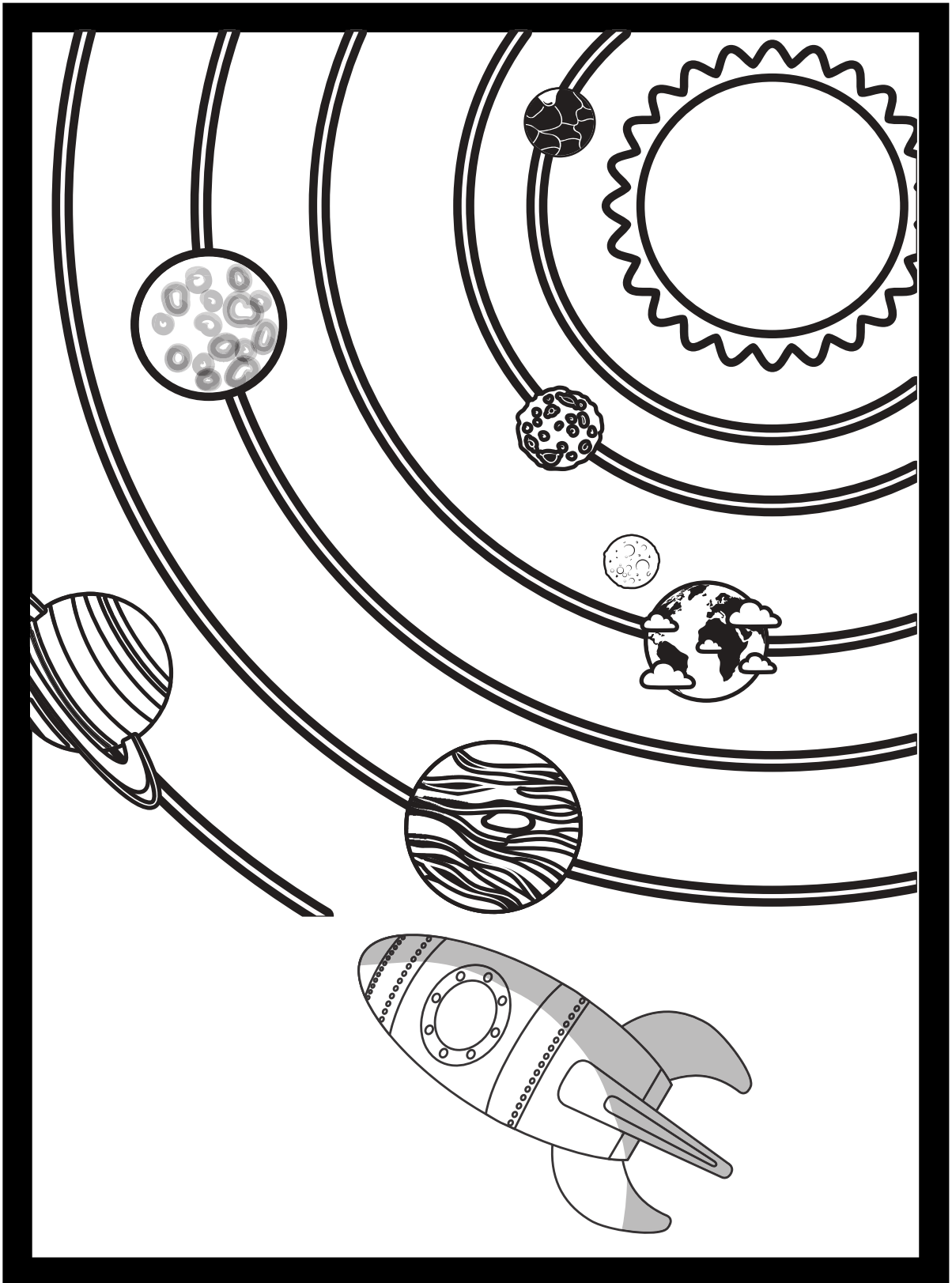
Ottawa Senators



Tulip Festival



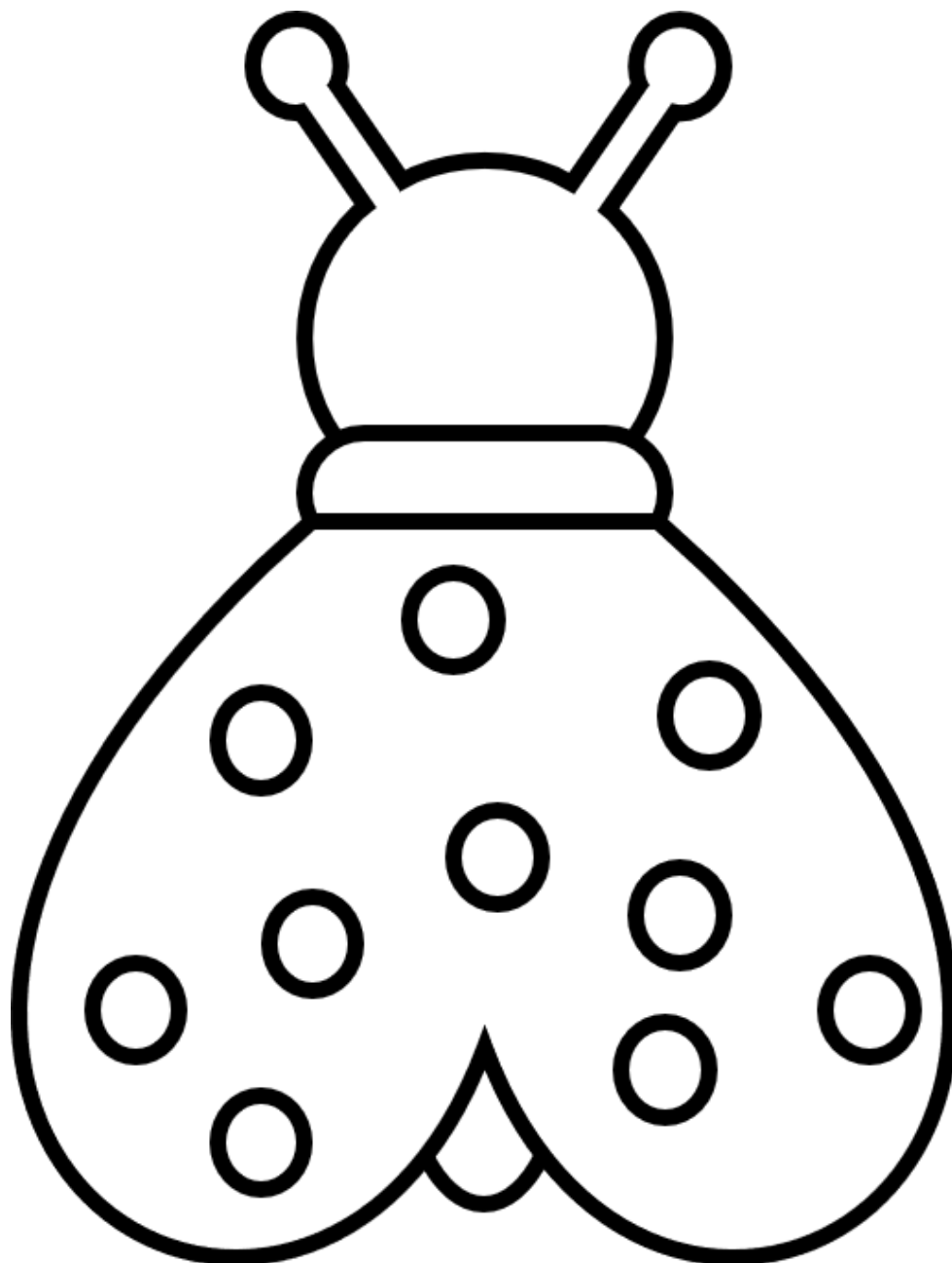
Space



Color Your House

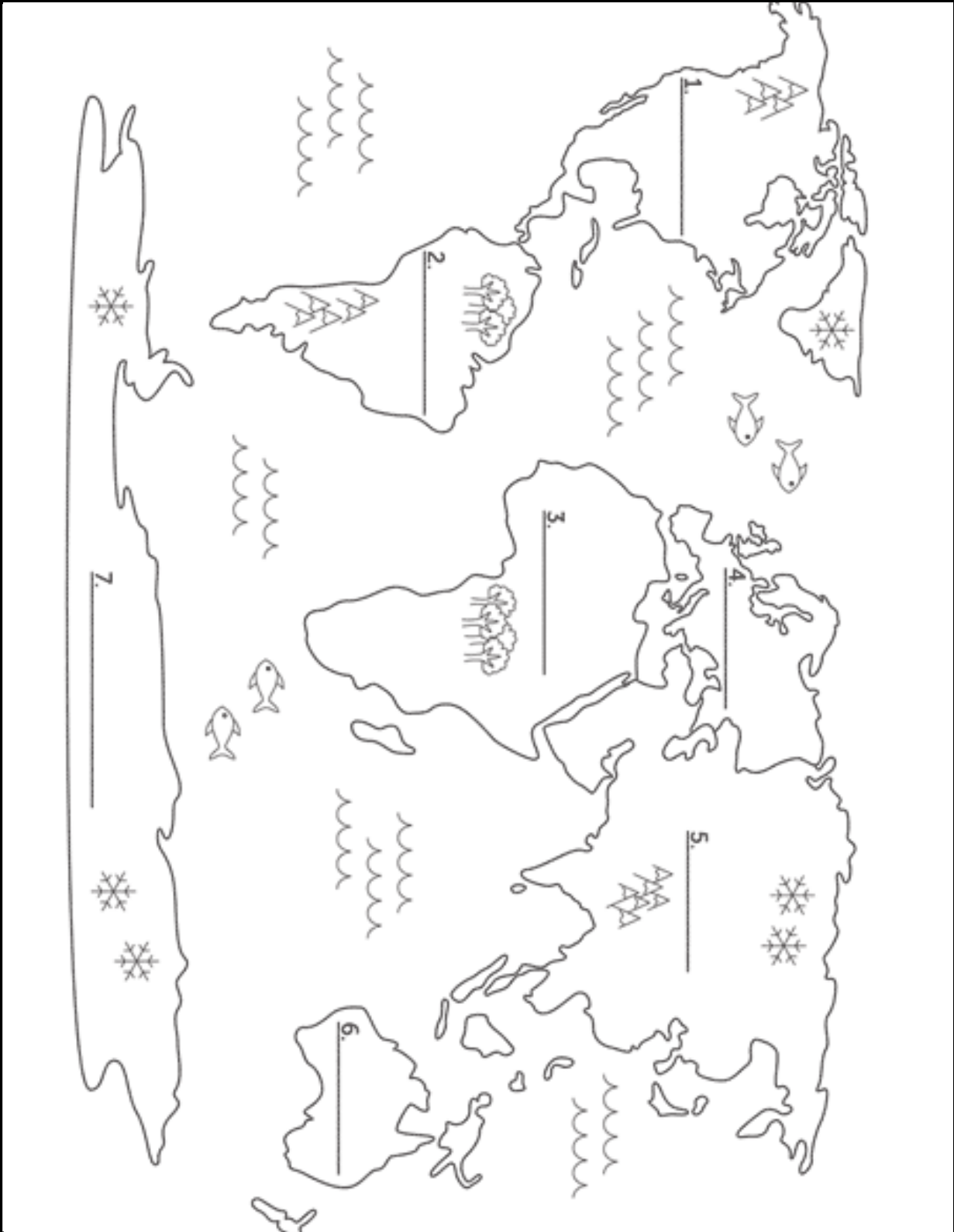


Lady bug

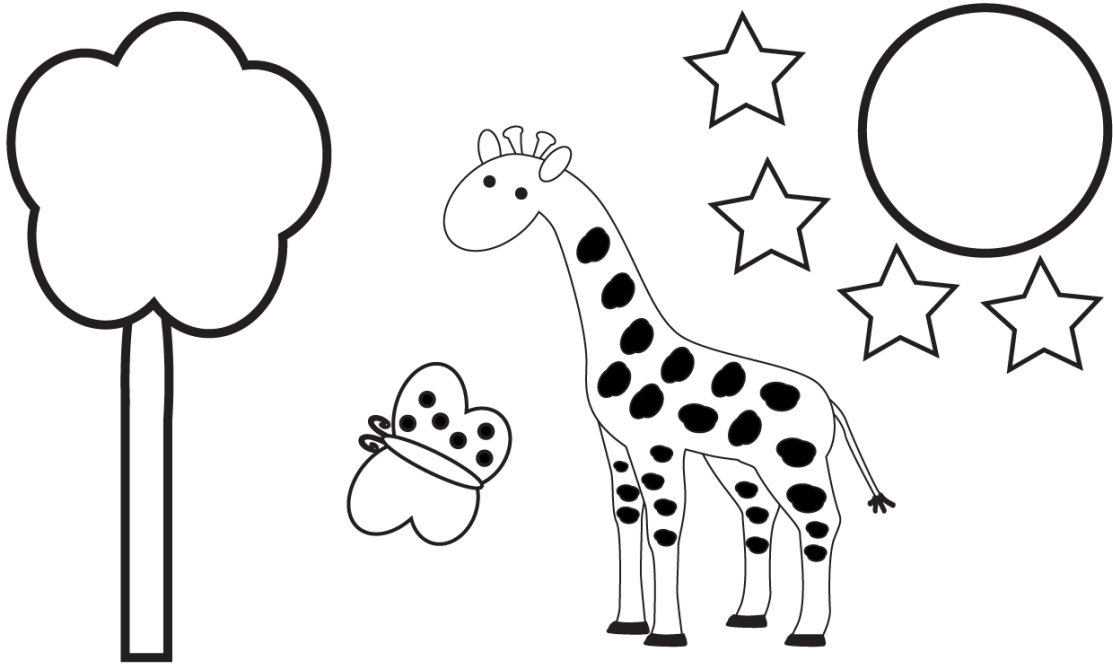


World Map

Colour in and name all the Seven Continents.



Spot the 5 differences





People living with dementia and Alzheimer's, lack stimulation and which turns into boredom. This can be frustrating for them. It's important to provide activities that engage and bring pleasure to people living with memory loss. Stimulating activities can help keep them in high spirits and prevent them from developing depression and irritability.

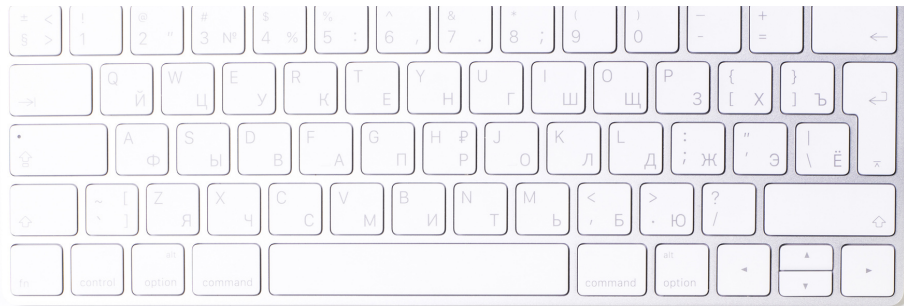
Below is a list of a variety of activities suitable for early to advanced stages of dementia.

Examples of Activities for People with Dementia:

- Sculpt with clay or playdough
- Build with Legos
- Blow bubbles
- Watch home movies
- Bake cookies, muffins, or pies
- Sort buttons, nuts, bolts, coins, socks, or silverware
- Go out for ice-cream
- Go for a walk
- Create a picture with stamps and an ink pad
- Create paper shapes with paper punches and colorful cardstock
- Color easy adult coloring pages
- Get a joke book and tell jokes
- Play Wii bowling
- Watch old movies
- Sing-along or karaoke
- Paint rocks
- Fold towels, pillowcases, or socks
- Make a collage from copies of old family photos
- Make a scrapbook using photos from their life
- Go Bowling



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**Thank you to everyone who has taken time
out of their day to read our 2020 Social
ACTIVITY booklet for people living with
Dementia or Alzheimer's Disease**



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"Home Health Care for Seniors "

Servicing The Ottawa Community since 1998

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*Nancy
Dahdah*