

101 Ways to Spend Time with a Person with Alzheimer's Disease

From the Alzheimer's Association

1. Listen to music
2. Toss a ball
3. Color pictures
4. Make homemade lemonade
5. Count trading cards
6. Clip coupons
7. Sort poker chips
8. Read out loud from favorite stories
9. Rake leaves
10. String beads
11. Bake cookies
12. Take photos and create a collage
13. Brush or comb one another's hair
14. Participate in A.A. Memory Walk
15. Plant seeds indoors or outdoors
16. Look at family photographs
17. Wipe off the kitchen table
18. Weed the flowerbed or tend to the garden
19. Fold laundry
20. Have a friend visit with a well-behaved pet
21. Cut pictures out of greeting cards/magazines
22. Play dominoes
23. Ask about favorite childhood books/cartoons
24. Bake homemade bread
25. Sort objects by shape or color
26. Sing old songs
27. Ask client to tell you more about a memory
28. Put silverware away.
29. Make a Valentine card
30. Play favorite songs and sing
31. Ask client about brothers or sisters
32. Make a cherry pie
33. Play with tops or jacks
34. Make a scrapbook
35. Take a walk around the yard
36. Write a poem together
37. Reminisce about the 1st day of school
38. String cheerios to hang outside for birds.
39. Make a fresh fruit salad
40. Sweep the patio
41. Color paper shamrocks green
42. Fold towels
43. Have an afternoon tea party
44. Talk about great inventions
45. Look at pages of a clothes catalog
46. Look at U.S. map, identify states/capitals
47. Make a family tree poster
48. Color a picture of our flag
49. Eat a picnic lunch outside
50. Water house plants
51. Play horseshoes
52. Dance
53. Watch Sesame Street together
54. Make homemade ice cream
55. Reminisce about favorite sports person
56. Make holiday cards
57. Write a letter to a friend or family member
58. Dress in favorite team's colors
59. Pop popcorn
60. Name the presidents
61. Give a manicure
62. Make paper butterflies
63. Plant a tree
64. Finish famous sayings
65. Feed the ducks
66. Model with play dough
67. Wash windows together
68. Look at pictures in a comic book
69. Put a puzzle together
70. Sand wood
71. Run in hand lotion
72. Arrange fresh flowers
73. Remember famous people
74. Recite nursery rhymes
75. Make peanut butter sandwiches
76. Cut up used paper for scratch paper
77. blow bubbles
78. Take care of a fish tank
79. Bake cupcakes and decorate them
80. Interview client using a video camera or cassette
81. Play Hangman
82. Finger paint
83. Cut out pictures from magazines
84. Put coins in a jar
85. Put bird seed out for the birds
86. Decorate a pumpkin
87. Reminisce about a favorite summer
88. Roll yarn into a ball
89. Trace and cut out autumn leaves
90. Cook a favorite family recipe together
91. Gather supplies and make a SpongeBob SquarePants
92. Wash silverware
93. Give him or her a hug
94. Ask client to show you how to knit/sew or another hobby
95. Make a picture frame out of popsicle sticks and glitter
96. Play a musical instrument
97. Keep a journal together
98. Ask the person to talk about his or her favorite sports hero
99. Sort playing cards
100. Ask the person about his or her favorite pet
101. Ask the person about his or her first car