

## 300 Things to do with a Person with Dementia

Adapted from lists from the Alzheimer's Association - Mid-Missouri Chapter & Denise L. Dickinsen (©1997)

1. Clip Coupons
2. Sort poker chips
3. Count tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read out loud (*Good Old Days* magazine)
7. Bake cookies
8. Look up names in the phone book
9. Read the daily paper out loud
10. Ask a friend, neighbor, church acquaintance who has a young baby or young child to visit
11. Listen to polka music
12. Plant seeds indoors or out
13. Look at family photographs
14. Toss a ball
15. Color pictures
16. Make homemade lemonade
17. Wipe off the table
18. Weed the flower bed
19. Make cream cheese mints (powered sugar, cream cheese, peppermint extract- knead together and press into mint molds)
20. Have a spelling bee
21. Read from the Reader's Digest
22. Fold clothes
23. Have a neighbor/friend with a calm pet visit
24. Cut pictures out of greeting cards
25. Wash silverware
26. Bake homemade bread
27. Sort objects such as beads by shape or color
28. Sing Christmas carols
29. Say "Tell me more" when they share a memory
30. Put silverware away
31. Make a Valentine collage
32. Play favorite songs and sing together
33. Take a ride
34. Make a cherry pie
35. Read aloud from *Ideals* magazine
36. Dye Easter eggs
37. Make a basket of socks
38. Take a walk
39. Reminisce about the first day of school
40. String Cheerios to hang outside for the birds
41. Make a fresh fruit salad
42. Sweep the patio
43. Color paper shamrocks green
44. Fold towels
45. Have afternoon tea
46. Remember great inventions
47. Play Pictionary
48. Paint a sheet
49. Cut out paper dolls
50. Identify states and capitols
51. Make a family tree poster
52. Color a picture of our flag
53. Cook hot dogs outside
54. Grow magic rocks
55. Water house plants
56. Reminisce about the first kiss
57. Play horseshoes
58. Dance
59. Sing favorite hymns
60. Make homemade ice cream
61. Force bulbs for winter blooming
62. Make Christmas cards
63. Sort playing cards by their color
64. Write a letter to a family member
65. Dress in red on a football Saturday
66. Pop popcorn
67. Name the presidents
68. Give a manicure
69. Make paper butterflies
70. Plant a tree
71. Make a May basket
72. Make homemade applesauce
73. Finish famous sayings
74. Feed the ducks
75. Mold with PlayDo
76. Look at pictures in a *National Geographic*
77. Put a simple puzzle together
78. Sand wood
79. Rub in hand lotion with a pleasant scent
80. Decorate paper placemats
81. Arrange fresh flowers
82. Remember famous people
83. Straighten underwear drawer
84. Finish nursery rhymes
85. Make peanut butter sandwiches
86. Wipe off patio furniture
87. Cut up used paper for scratch paper
88. Take care of a fish tank
89. Trace and cut out leaves
90. Ask simple trivia questions
91. Finish Bible quotes
92. Paint with a string
93. Cut out pictures from magazines
94. Read classic short stories
95. Put coins into a jar
96. Sew sewing cards
97. Put bird feed out for birds
98. Clean out a pumpkin
99. Reminisce about a favorite summer
100. Separate material pieces by color or texture

## 300 Things to do with a Person with Dementia

Adapted from lists from the Alzheimer's Association - Mid-Missouri Chapter & Denise L. Dickinsen (©1997)

101. Make a birthday cake
102. Look through catalogues
103. Clean golf balls
104. Sort colored golf tees
105. Wash the car
106. Sit in the shade
107. Walk in the rain
108. Glide in a glider rocker
109. Smash bananas for banana bread
110. Match plastic containers and lids
111. Scatter fertilizer in the yard
112. Make a snowball
113. Organize a briefcase
114. Make breadsticks from frozen dough
115. File papers
116. Make a photo memory ring
117. Rice potatoes
118. Watch the "Honeymooners"
119. Watch the "Sound of Music"
120. Frost cupcakes
121. Dunk donuts in milk
122. Shred carrots for salad
123. Fluff pillows
124. Put address labels on envelopes
125. Hold a stuffed animal
126. Listen to favorite songs on tape
127. Say a rosary prayer
128. Tuck a "baby" into bed
129. Look at travel magazines
130. Crank the handle on an ice cream maker
131. Hold a smooth rock
132. Watch the "Music Man"
133. Drink "near" beer
134. Sing Christmas Carols
135. Mash potatoes
136. Polish boots
137. Put a hand under running water
138. Read Chinese cookie fortunes
139. "Test" a baby bottle
140. Shake salad dressing
141. Top a pizza with cheese
142. Hold a baby on a lap
143. Blow kisses
144. Crush herbs to smell (mint, lavender, etc.)
145. Shake a rug
146. Watch home movies
147. Give a hand massage with scented lotion
148. Pet a kitten
149. Turn the handle on a food grinder
150. Paint chair black & sand down to bare wood
151. Fold paper bags
152. Browse through travel magazines
153. Dance
154. Bring backyard indoors to touch & smell
155. Exercise
156. Sample fruits
157. Empty wastebasket
158. Sort coins
159. Fold newspapers to recycle
160. Visit a neighbor
161. Sharpen a pencil
162. Tie a rope knot
163. Pound a stake
164. Feel the breeze
165. Work a crossword puzzle
166. Stir pancake batter
167. Listen to the rain on the roof
168. Watch or listen to birds
169. Make a bed together
170. Husk corn
171. Draw a face on a jack-o-lantern
172. Twirl dance in a wheelchair
173. Watch fish in the aquarium
174. Pound tenderize a steak
175. Pick low hanging fruit
176. Polish silver
177. Roll a pie crust
178. March in place
179. Look at family slides
180. Wind a clock
181. Decorate a birthday cake
182. Toss a salad
183. Brush the dog
184. Mix fruit and yogurt
185. Eat ice cream cones
186. Fly a paper airplane
187. Rummage in a safe drawer
188. Wipe off place mats
189. Straighten books
190. Try on hats
191. Pack a suitcase
192. Put away groceries
193. Take apart a small appliance
194. Be a "helper"
195. Hang necklaces on a rack
196. Tie a tie
197. Hang belts by the buckle
198. Sort spools of thread
199. Tidy up a corner of a room
200. Put on jewelry
201. Hang up clothes on a hook
202. Look at old cards
203. Stack little boxes
204. Unravel a sweater

## 300 Things to do with a Person with Dementia

Adapted from lists from the Alzheimer's Association - Mid-Missouri Chapter & Denise L. Dickinsen (©1997)

205. Scrub potatoes in their skins
206. Dig a hole
207. Smooth a lap Robe
208. Shake hands
209. Hand wash a blouse
210. Grow a carrot or potato top
211. Roll yarn into balls
212. Churn butter
213. Check out old spark plugs
214. Tell a war story
215. Eat breakfast food at dinner time
216. Feel and look at lace
217. Sip a favorite drink through a straw
218. Dip graham crackers in milk
219. Laugh at a joke
220. Take a sales order
221. Wash a window
222. Type
223. Have Chinese food delivered for dinner
224. Sort laundry by colors & whites
225. Sort washers and wing-nuts
226. Sift cornmeal
227. Make honey butter
228. Make soap suds
229. Water the lawn
230. Listen to wind chimes
231. Oil work boots with Mink Oil
232. "Add" on an adding machine
233. Make a shopping list
234. Look at recipe cards
235. Put face powder on with powder puff
236. Toss confetti
237. Dust with a feather duster
238. Plant a bulb
239. Put on suntan lotion
240. Line a muffin pan with paper liners
241. Juice a lemon
242. Roll dice
243. Play ring toss
244. Fill peat pots with dirt
245. Spray water plants
246. Watch a windsock sway
247. Clean a lawn mower engine
248. Take picture with a Polaroid camera
249. Taste condiments: catsup, mustard, mayo
250. Pull apart cotton
251. Put hands in a box of packing pellets
252. Putt with an indoor putting green
253. Fold a flag
254. Spread bar cookie batter in a pan
255. Scatter wildflower seeds in dirt
256. Sand a door edge
257. Suck on flavored ice chips
258. Bowl in the backyard
259. Read a letter from a friend
260. Crush pine needles & put in warm water for potpourri
261. Brush hair
262. Toss leaves into the wind
263. Trade baseball cards
264. Stack plastic patio chairs
265. Polish a door knob
266. Dial a rotary telephone
267. Wind fishing line on a reel
268. Give a compliment
269. "Show and Tell"
270. Stack pegs on a peg board
271. Knead bread
272. Stack plastic cups and plates
273. Lick the bowl and spoon while cooking
274. Dry dishes
275. Cut fabric into quilt squares
276. Sign the checks to pay the bills
277. Have impromptu picnic inside or outside
278. Rearrange drawers
279. Sit by the fire
280. Visit a neighbor
281. Cuddle
282. Sweep the sidewalk
283. Clean out a closet
284. Match mittens and gloves
285. Tear old cloths for rags
286. Sit on the porch
287. Put up a butterfly house
288. Shuck dried corn for the squirrels
289. Stir up a compost pile
290. Watch for the mail to be delivered
291. Go for a ride in the car
292. Scour a sink
293. Shake hands
294. Put on raspberry lip balm
295. Squeeze a Nerf ball
296. Toss a "koosh" ball
297. Look at a scrapbook
298. Blow bubbles
299. Give a compliment
300. Hug