

Popular Searches - Activities

Families and professionals are often looking for activity materials to engage persons with dementia and interact with them. Identified here is a selected list of activity resources.

Materials may be available for loan from the Alzheimer's Association Green-Field Library or for downloading and purchase through various outlets. Search for titles in the [online catalog](#) and visit [how to borrow](#).

Resources for early to moderate

By us for us guides

PDF guides created through the Kenneth G. Murray Alzheimer Research and Education Program (MAREP) at the University of Waterloo by persons with dementia for persons with dementia. The guides are practical tools to help enhance well-being.

<http://marep.uwaterloo.ca/products/bufu.html>

CyberSeniors

Dan and Verna Rusnak, Kascha and Macaulee Cassaday

Initially reluctant seniors discover the World Wide Web with the help of teenage mentors in this DVD.

<http://www.cyberseniorsdocumentary.com>

Fill in the blanks life story

A fill-in the blanks approach to interviewing an older adult.

<http://www.legacyproject.org/activities/lifestory.html>

Games at Amazon.com

Games for persons in early stage Alzheimer's to use alone or share with someone; for sale.

<http://www.amazon.com>

Elder reminiscence and trivia books

Fort Atkinson, WI: Nasco

A web site of dozens of products including books to stimulate cognition.

<http://www.enasco.com>

Interactive books for memory impaired adults

Matthew Schneider and Deborah Drapac.
Richfield, OH: Shadowbox Press, LLC, 2010.

Eight interactive books designed to aid in communication and interactivity between caregivers and persons with dementia.

<http://www.shadowboxpress.com>

Let's look together: an interactive picture book for people with Alzheimer's and other forms of memory loss

Rae-Lynn Cebul Ziegler
Baltimore, MD: Health Professions Press, 2009
Available on Amazon

Lydia Burdick books

Baltimore, MD: Health Professions Press, 2005.
Books for persons with memory impairment to read aloud with someone else. Search the Web site by author or titles: *Happy New Year to You!*, *Sunshine on My Face*, and *Wishing on a Star*.
<http://www.healthpropress.com>

Senior activities

Fort Atkinson, WI: Nasco
Hundreds of activity products for persons with early stage and moderate Alzheimer's.
<https://www.enasco.com>

Strengthen your mind: activities for people with early memory loss, vols. 1 & 2

Kristin Einberger; Janelle Selleck.
Baltimore, MD: Health Professions Press, 2007.
Available on Amazon

Through the seasons: an activity book for memory-challenged adults and caregivers

Cynthia R. Green; Joan Beloff.
Baltimore, MD: Johns Hopkins University Press, 2008.
Available on Amazon

Resources for caregivers

Activities on Pinterest through the Alzheimer's Association Virtual Library

Alzheimer's Association, Green-Field Library
Pinterest board with more than 50 pins on activities for the person living with dementia **and caregiver**.

<https://www.pinterest.com/AlzVL/activities>

Activities for Alzheimer's and dementia patients

Paula Spencer Scott, Caring.com

<https://www.caring.com/articles/activities-for-dementia-alzheimers-patients>

Activities for people with Alzheimer's

Washington, DC: AARP

http://assets.aarp.org/external_sites/caregiving/homeCare/engaging_activities.html

Activities to do with your parent who has Alzheimer's

Judith Levy
CreateSpace, 2014
Available on Amazon

Adapting activities for people with Alzheimer's disease

National Institute on Aging
Includes going out, at the restaurant, participating in spiritual activities, traveling overnight, visiting friends and family, and planning

<https://www.nia.nih.gov/health/adapting-activities-people-alzheimers-disease>

Age-and-stage-appropriate activities for dementia [free video]

Best Alzheimer's Products

<https://best-alzheimers-products.com/activities-for-dementia.html>

Alzheimer's activities that stimulate the mind

Emilia Bazan-Salazar.
New York: McGraw Hill, 2005.

Provides ideas and exercises on activities by stage of the disease in the areas of arts and crafts, gardening, music, physical movement, outings, and more.
Available on Amazon

Alzheimer's dementia DVD activities: filling the day with meaning

Snow, T.; Pines Education Institute of Southwest Florida
Available on Amazon

Alzheimer's store

Cumming, GA: Ageless Design

Activities and entertainment products for persons with Alzheimer's.

<https://www.alzstore.com/alzheimers-dementia-activities-s/1673.htm>

Best friend's book of Alzheimer's activities: vols. 1 & 2

Virginia Bell; David Troxel; Robin Hamon; Tonya Cox.

Baltimore, MD: Health Professions Press, vol. 1, 2004; vol. 2, 2008.

Formal and informal activities for programmed and unprogrammed times of day,

Available on Amazon

Different visit: activities for caregivers and their loved ones with memory impairments

Adena Joltin; Cameron Camp; Beverly Noble; Vincent Antenucci.

Cleveland, OH: Menorah Park Center for Senior Living, 2005.

A spiral bound book to help families stimulate conversation and interact with persons with dementia to make visits more enjoyable.

Available on Amazon

End-of-life Namaste Care Program for people with dementia

Joyce Simard.

Baltimore, MD: Health Professions Press, 2007.

Provides guidance for families and professional caregivers on implementing peaceful activities and sensory practices for persons with advanced dementia stressing their individuality and dignity.

Available at Amazon

Getting to know the life stories of older adults: activities for building relationships

Kathy Laurenhue.

Baltimore, MD: Health Professions Press, 2007.

Includes starting points such as Who I am and where I lived; preferences, routines, customs, and celebrations; historical and personal perspectives.

Available at Amazon

Kaleidoscope—color and form illuminate darkness: an exploration of art therapy and exercises for patients with dementia

Ellen Greene Stewart.

Chicago, IL: Magnolia Street Publications, 2006.

Examines the ways that art can be an effective therapy for persons with dementia. Includes original assessment for, case studies, and exercises.

Available on Amazon

Montessori-based activities for persons with dementia: vols. 1 & 2

Cameron Camp.

Beachwood, OH: Menorah Park Center for Senior Living, vol. 1, 1999; vol. 2; 2006.

Activities using principles of Montessori education for basic tasks like eating, dressing, interaction and socialization, sensory stimulation and exercise are covered in two volumes. Available on Amazon

Movement with meaning: a multisensory program for individuals with early-stage Alzheimer's disease

Barbara Larsen

Baltimore, MD: Health Professions Press, 2006.

Exercise and other programs for persons in early stage. Search by author's last name, "Larsen."

Available on Amazon

101 Activities

Chicago, IL: Alzheimer's Association National Office

http://www.alz.org/living_with_alzheimers_101_activities.asp

Special perspectives – Alzheimer's

Elkhorn, NE: Fat Brain Toys

Customer reviewed games, puzzles and toys reviewed by customers

<http://www.fatbraintoy.com>

Therapeutic thematic arts programming for older adults

Linda Levine-Madori.

Baltimore, MD: Health Professions Press, 2007.

Includes background discussion about thematic arts programming, steps to creating a program, and practical application.

Available on Amazon