



Dementia Activity Ideas

A printable menu to draw from, adapting to interest and ability

Eight activity types, tips to make any activity a success, and how to adapt as needs change — print and keep handy.

Dementia Activity Ideas

A printable menu to draw from, adapting to interest and ability

ElderlyDaily.com • Printable Activity Guide

Music

Listening to familiar songs from their youth, singing along, or gentle movement to music. Reaches people even in advanced dementia; soothes and sparks memory.

Reminiscence

Looking through photo albums, familiar objects, or old films, and gently sharing memories.

Simple purposeful tasks

Folding laundry, sorting objects, matching socks, wiping the table, or helping prepare food. Gives a valued sense of contributing.

Sensory activities

Hand massage, textured objects, fragrant flowers or baking smells, a soft blanket -- calming and accessible at any stage.

Gentle movement

A walk, chair exercises, or dancing -- also supports mobility and sleep.

Art and craft

Painting, coloring, simple crafts -- creative and failure-free.

Puzzles and games

Dementia-friendly puzzles and activities pitched at the right level.

Nature and animals

Time outdoors, gardening or potting, birdwatching, or gentle contact with a pet.

A note on dementia care: activities support connection and quality of life -- they are not a treatment or cure. A sudden confusion or behavior change is worth a call to the doctor, since it can signal something treatable.

Tips to Make Any Activity a Success

How you offer an activity matters as much as the activity itself

ElderlyDaily.com • Printable Activity Guide

1

Choose a calm environment

and the person's best time of day (often morning), free of noise and distraction.

2

Introduce it gently and simply

one clear step at a time, demonstrating rather than instructing where helpful.

3

Join in

Doing it together provides connection and gentle guidance, and reduces any sense of being tested.

4

Focus on enjoyment, not correctness

never correct or point out mistakes -- there is no wrong way.

5

Watch their cues

if they tire or become frustrated, ease off and switch to something calming.

6

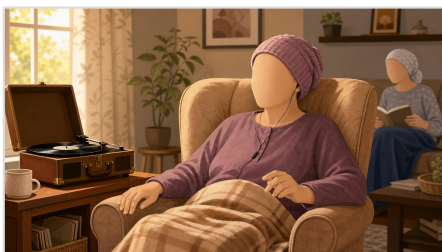
Build favourites into the daily routine

so engagement is regular and predictable.

Remember

It does not matter if the puzzle is finished or the story is accurate -- what matters is that the person is engaged, comfortable, and enjoying the moment. When an activity stops working, it is usually too hard or too long, not a sign the person "can't do activities." Simplify, shorten, or switch to something more sensory, and try again another time.

A Few of These Ideas in Action



Music

Familiar songs, soothing and accessible at any stage



Art and Craft

Painting or coloring -- creative and failure-free



Nature and Animals

Time outdoors or gentle contact with a pet