

101 Things to Do with a Person with Alzheimer's Disease

Eskaton Lodges



1. Clip coupons
2. Sort poker chips
3. Count tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read aloud
7. Bake cookies
8. Look up names in the phone book
9. Read the daily paper aloud
10. Ask a friend, neighbor, or church acquaintance, who has a baby or young child, to visit
11. Listen to 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
 - 2 lbs. powdered sugar
 - 8 oz. cream cheese
 - 2 drops peppermint extract
 - Food coloring as desired
 - knead together and press into mint molds
20. Have a spelling bee
21. Read from Reader's Digest
22. Fold clothes
23. Have a friend with a calm pet visit
24. Cut pictures out of greeting cards
25. Wash silverware
26. Bake homemade bread
27. Sort objects by shape or color
28. Sing Christmas carols
29. Say "Tell me more" when they start talking about 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 Ideal
36. Dye Easter eggs
37. Match 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 capitals
51. Make a family tree poster
52. Color a picture of our flag
53. Cook hot dogs outside
54. Grow magic rocks
55. Water houseplants
56. Reminisce about the first kiss

continued on reverse

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 color
64. Write a letter to a family member
65. Dress up: fancy or fun
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 play dough
76. Look at pictures in 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 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 the birds
98. Clean out a pumpkin
99. Reminisce about a favorite summer
100. Roll yarn into a ball
101. Make a birthday cake

Courtesy of the Alzheimer's Association