101 Activities For People With Dementia

Listen to music

Toss a ball

Color pictures

Make homemade lemonade

Count trading cards

Clip coupons

Sort poker chips

Read out loud chapters from Harry Potter books or other favorite stories

Rake leaves

String beads

Bake cookies

Take photos of the person and you and create a collage

Brush or comb one another’s hair

Participate in the Alzheimer’s Association Walk to End Alzheimer's.

To learn more about Walk, please click here.

Plant seeds indoors or outdoors

Look at family photographs

Wipe off the kitchen table

Weed the flowerbed or tend to the garden

Fold laundry

Have a friend visit with a well-behaved pet

Cut pictures out of greeting cards or magazines

Play dominoes

Ask the person about his or her favorite childhood books or cartoon characters (you can share yours too)

Bake homemade bread

Sort objects by shape or color

Sing old songs

Invite the person to tell you more when he or she talks about a memory

Put silverware away

Make a Valentine card

Play favorite songs and sing

Ask the person about his or her brothers or sisters

Play with tops or jacks

Make a scrapbook

Take a walk around the yard

Write a poem together

Reminisce about the first day of school

String Cheerios® to hang outside for birds

Make a fresh fruit salad

Color paper shamrocks green

Fold towels

Have an afternoon tea party

Talk about great inventions

Look through the pages of a clothes catalog

Look at a map of the United States and identify states and capitals

Make a family tree poster

Color a picture of our flag

Eat a picnic lunch outside

Water house plants

Play horseshoes

Dance

Watch Sesame Street together

Make homemade ice cream

Make holiday cards

Reminisce about favorite sports activities the person enjoyed while growing up

Write a letter to a friend or family member

Dress in your favorite football or soccer team's color

Name the presidents

Give a manicure

Make paper butterflies

Finish famous sayings

Feed the ducks

Model with play dough

Look at pictures in a comic book

Put a puzzle together

Sand wood

Rub in hand lotion

Arrange fresh flowers

Remember famous people

Recite nursery rhymes

Make peanut butter sandwiches

Cut up used paper for scratch paper

Blow bubbles

Take care of a fish tank

Bake cupcakes and decorate them

Interview the person about his or her life using either a video camera or cassette recorder

Play Hangman

Finger paint

Cut out pictures from magazines

Put coins in a jar

Put bird seed out for the birds

Decorate a pumpkin

Reminisce about a favorite summer

Roll yarn into a ball

Trace and cut out autumn leaves

Cook a favorite family recipe together

Gather a yellow sponge, crayons, paper and tape and make a SpongeBob SquarePants

Wash silverware

Ask the person to show you how to knit or sew (or another favorite hobby)

Make a picture frame our of popsicle sticks and glitter

Play a musical instrument

Keep a journal together

Ask the person to talk about his or her favorite sports hero

Sort playing cards

Ask the person about his or her favorite pet

Ask the person about his or her first car