

Individualized Dementia Care Activities



The Busy Bee

1. Direct movement – place painters’ tape on the floor and/or walls that illustrate the pattern of movement. This may assist in providing a meaningful route for the resident and may be enough to maintain their calm demeanor
2. Place signs, pictures, and different texture squares at eye level in the hallways and throughout the common area. This may be enough of a distraction that they may be less likely to “wander” into another resident room
3. Provide “activities on the go”. We do this with snacks and sometimes beverages; place small activities in a bag and hang them around the common areas. Place magazines, pictures of children, recipe cards, etc. in the bags and allow resident access throughout the day (sanitizing items in between use).
4. Take a trip! Review the history of your residents and see where they enjoyed traveling. Hang a large colored map on the wall and mark those places. Talk to the resident as they are moving around the building; the food they ate, the drinks they drank, the romantic boat rides and pasta dinners etc.!
5. Host a scavenger hunt! Hide stuffed animals or other items around the building and show the resident a picture of the item they are searching for. Once they find it, have them hide it. This is also a great way to identify the residents’ favorite hiding places, so in case items go missing, you know where to look!

The Quiet One shhh

1. Stained Glass Windows: The resident enjoys sitting and watching, why not place painters tape on the windows and provide wipe off markers and allow the residents to color with supervision. Once they are done, remove the tape and you have a stain glass window (which can be wiped down and cleaned off with minimal effort).
2. Bird Watching: Sit with the Resident and watch the wildlife, birds, deer, etc. Talk about the animals and what they like to eat. If supplies are available, consider making bird feeders etc. to hang outside on the property.
3. Look at the resident’s history/background; their likes/dislikes. If they liked to read, find some books that you could read aloud, the daily news, etc. Work one-on-one with this resident and consider puzzle type activities, crosswords, tongue twisters.
4. Set up activity boxes that are kept in the common areas that contain themes; luau, new year’s, Independence Day, different music types, sports. Ensure the items in each box are able to be sanitized in between use.
5. Request the resident’s assistance with decorating the home; hang up different items for an evening “party”. Serve juice and cookies (or some other snack) prepared by the residents for the residents!



The Vocal Resident



1. This resident can be problematic if mixed with the wrong personality type! If you can, talk slowly, calmly and quietly; sometimes the resident will mimic your tone.
2. If the resident is being disruptive to others, try engaging in a sing-along. Sometimes, residents may be less irritated if there is a song being played or some sort of vocal pattern.
3. Companion pets. There are pets that look real but are not; they are weighted and respond to touch; dogs may bark, cats will purr. These can be comforting and soothing to residents.
4. Background/History, this is a vitally important piece of maintaining a calm environment. If you know the history of your residents, then setting up various activities won't be such a challenge.
5. Ask this resident for their input on certain topics frequently; they want to be heard, hence the volume in which they are communicating. Allow them to be heard and validate their responses.

Easily Agitated



This resident is relaxed and content, until they are not.

Deescalate the behaviors by trying the following:

1. Remove all unnecessary persons from the immediate area.
2. Talk in a calm voice and introduce yourself.
3. Get to their level (squat or sit if needed) while maintaining distance.
4. Validate their feelings and emotions by agreeing with them; repeat their statements back to them to validate .
5. Try to engage them in a meaningful activity; a walk with just the two of you, a cooking activity, online church services etc.
6. If the Resident continues to escalate, contact management immediately for guidance.