

SUGGESTED ACTIVITIES YOU CAN DO AT HOME

Compiled for Balancing Act Support & Discussion Group,
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General tips and ideas:

- Take care of yourself, by making it a high priority to look after your own physical and emotional well-being.
- Try to avoid your parent sitting and watching TV for hours, as this may contribute to being awake at night.
- Try to avoid the news – is likely to be upsetting.
- Consider having a daily schedule. Keep meals at roughly the same time. Have some kind of activity every day.
- Activity ideas: indoor gardening, folding laundry, looking at old pictures together, activities related to former employment, music, shredding paper for recycling, video chats, virtual baking with grandkids, “tutoring” grandkids on a particular topic.
- Daily chores are great because they make things feel normal.
- Set up a digital frame to which family members around the world can automatically add pictures.
- For video chats, if you are with your parent, consider closing the view of themselves on the screen – this may confuse them. (For some, video chats may be confusing or upsetting.)
- Streamed religious services.
- Music playlists. See JF&CS Music & Memory below!
- Watch old baseball or football games.
- Think of five people who haven’t been calling your parent and ask them to call.
- Encourage your parent to write notes or cards to anyone they want.
- Make thank you notes or a thank you sign for health care providers, grocery store workers, letter carriers, etc.
- Exercise is good for both of you. Chair exercise, walk around the house. Dance!
- Go outside when possible on nice days. Watch the birds.
- Listen to calming meditation music. Look up and try “Sound Bath meditation.”
- Go for a drive.





Resources

Programs that take place at specific times

Just for people living with dementia:

- Dementia Alliance International peer groups for people living with dementia: <https://www.dementiaallianceinternational.org/extra-support-during-covid-19/>
- Dementia Mentors virtual memory cafés for people living with dementia: <https://www.dementiamentors.org/>

For people living with dementia and care partners:

- Virtual memory cafés: <https://www.memorycafedirectory.com/cafe-connect/>
- Alz Meet ups and support groups: <https://www.alzmassnh.org/virtual-programs/>
- Museum tours for people living with dementia, in English and Spanish <https://artsandminds.org/>. Contact: 646-755-3726 or write nescalante@artsandminds.org
- Silver Kite online intergenerational arts classes: <https://www.silverkite.us/online-classes-and-performances>
- Mather Telephone Topics, phone-based learning and activities: <https://www.mather.com/neighborhood-programs/telephone-topics>

Activities you can do anytime

- Timeslips.org Creativity Center for creating stories together, asking a Beautiful Question, doing mini-projects: <https://www.timeslips.org/resources/creativity-center>
- Timeslips founder Anne Basting offers a “Dose of Creative Care,” a daily short video in which she leads a creative project: <https://www.facebook.com/pages/category/Public-Figure/Anne-Basting-380134642457070/>
- Maria’s Place, free website with nature videos, games, puzzles, etc: <https://mariasplace.com/>
- Opening Minds through Art’s Creative Caregiving lessons: <https://caregiving.scrippsoma.org/>
- StoryCorps Connect: <https://storycorps.org/participate/storycorps-connect/>
- JF&CS Music & Memory. Email Mary Curlew at mcurlew@jfcsboston.org for guidance in how to create individualized playlists.
- Tales & Travel memories (recorded slideshows about specific locations): <http://talesandtravelmemories.com/memory-cafes/>
- Ageless Grace movement videos: https://www.facebook.com/pg/AgelessGrace/videos/?ref=page_internal

- National Institute on Aging Go4Life exercise videos: <https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkKT8a8>
- Singalong videos, most in English, some in Spanish: <https://singinghearttoheart.com/free-sing-along-videos>
- Virtual museum tours: <https://mcn.edu/a-guide-to-virtual-museum-resources/>
- Animals, Zoo, Aquariums
 - Smithsonian National Zoo webcams: <https://nationalzoo.si.edu/webcams>
 - National Park Service webcams: <https://www.nps.gov/subjects/watchingwildlife/webcams.htm>
 - American Eagle Foundation Nest Cams: <https://www.eagles.org/what-we-do/educate/live-hd-nest-cams/>
 - Youtube Virtual Aquarium: <https://www.youtube.com/channel/UCO5q5atAVIkBwthxgTpxDog>
 - Monterey Bay Aquarium live webcams: <https://www.montereybayaquarium.org/animals/live-cams>

Great lists of links and ideas

- <https://alz.org/gmc/news/virtual-and-in-home-activities-for-persons-with-al>
- <https://www.pioneernetwork.net/wp-content/uploads/2020/03/For-Families-of-Persons-Living-with-Dementia.pdf>

Assistance with setting up or using technology

- Older Adults Tech Service: <https://oats.org/blog-post/statement-on-coronavirus/>
- Senior Planet: <https://seniorplanet.org/coronavirus-2/>
- *Tech Goes Home*: <https://www.techgoeshome.org/covid>
- Cadoo Tech (paid service): <https://www.cadootech.com/>

