



## Caregiver Tips: Beneficial Activities That Are Engaging and Stimulating for Your Loved One with Dementia

Planned activities can enhance your loved one's sense of dignity and self-esteem by giving more purpose and meaning to his/her life. The Alzheimer's Association Guide, "[Activities at Home — Planning the day for a person with dementia](#)" provides useful insight and direction for caregivers to help you organize activities that will be both mentally and socially stimulating and also improve your loved one's overall well-being. These include:

### Daily Routines

- **Chores** – Dusting, sweeping, doing laundry
- **Mealtime** – Preparing food, cooking, setting the table
- **Personal care** – Bathing, shaving, getting dressed

### Other Activities

- **Creative** – Painting, playing the piano
- **Intellectual** – Reading a book, doing crossword puzzles, playing a board game
- **Physical** – Taking a walk, playing catch
- **Social** – Having coffee, talking, playing cards, visiting with a pet, reminiscing over old photos
- **Spiritual** – Praying, singing a hymn
- **Spontaneous** – Going out to dinner, visiting friends
- **Work-related** – Making notes, typing, fixing something

**North Woods Village at Edison Lakes** is the area's first single-purpose, residential [memory care assisted living community](#) dedicated to caring for those with Alzheimer's disease, dementia or another memory impairment as well as providing education, support and resources to area caregivers and their families. The unique, purpose-built architectural design of North Woods Village at Edison Lakes is one element of "**New Directions**,"<sup>SM</sup> the community's signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on **North Woods Village at Edison Lakes** and our **Caregiver Education & Support Calendar**, please [contact us](#) today!

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