



ADULT DAY PROGRAM

When caring for someone with dementia, it is a challenge to fill the hours of the day. Establishing a routine is critically important as well as having structured, meaningful activities for engagement. Below are some ideas which we routinely use in our adult day program. We hope you find them helpful. If you need additional ideas or assistance, please contact the Keystone office at 865.483.6631

Flower Arranging- use real or artificial flowers

Look through old photographs- place loose photos in an album for easy viewing

Magazine scavenger hunt-use old magazines to search for different items such as foods, animals, children, certain colors, nature related items

Make a collage- Use old buttons, wrapping paper cut into squares, pictures cut from magazines, ribbons, shells, string, feathers

Make a card to mail to a friend/family member/Keystone

Help around the house-folding kitchen towels and wash clothes, putting away/sorting silverware, dusting, wiping down counters, drying dishes, fill the birdfeeder

Sorting- colored index cards, deck of cards, nuts and bolts, Monopoly money, Poker Chips, construction paper cut into small squares and sorted by color

Spa Day- Paint nails or just give a simple hand massage with lotion

Adult Coloring Book- use colored pencils or watercolors

Make lists of specific items- things you might find at a school or football game, boy or girl names, fruits and vegetables, articles of clothing, items that start with a certain letter (use scrabble tiles and spell out the words)

Listen to favorite music- Get up and dance, clap hands, exercise to the music while seated, sing along

Simple Puzzles-large print word searches, puzzles with 25 pieces or less

Get Out and About-take a short walk, look for nature items

Simple Cooking Activities-make a sandwich together, snacks like: peanut butter and crackers, trail mix, make pudding from a box, spread your favorite dip on a tortilla, top with chopped veggies and roll up

Reminisce-use household items to stimulate conversation about days gone by: an apron, a washboard, an old camera, old photographs, jewelry.

It is important as a caregiver for you to practice self-care. Try some deep breathing exercises, stretching, meditation, allowing others to help (keep a list of things others can do), commit to good nutrition and getting quality sleep, give yourself permission to step away, ask for help and take care of yourself!