

## 101 Things to do

**Please note:** The following list offers a wide variety of suggestions or possibilities which may or may not be of interest to you. Sometimes when a person is very frail or has advanced dementia, it can be hard to find things which can engage the person's interest. However, it is hoped that there might be something new in this list which would be worth trying.

1. Talk about what you have been doing
2. Bring photos of family & friends - from days gone by or recent snaps
3. Create a photo album, frame photos or make a photo collage
4. Make a special scrapbook or a memory box of significant objects based on personal life history
5. Help write or tape an autobiography
6. Share favourite stories and memories
7. Bring holiday snaps, souvenirs, postcards, even maps and tales of your journey
8. Read newspapers & magazines aloud to keep the person in touch
9. Jointly look at magazines with large colourful pictures and invite opinions and comments on the contents whether it is fashion preferences or political views
10. Subscribe to a hometown newspaper and bring it along
11. Read religious (where appropriate) or inspirational articles, magazines or books – a 'thought for the day' or 'hope for the week'
12. Read letters from family and friends
13. Bring messages from family & friends recorded on tape
14. Bring videotape greetings from family & friends
15. Help with writing or taping letters & cards
16. Find a pen pal and help with the project
17. Create collage poster with pictures cut from magazines
18. Bring articles related to the season or next holiday to talk about
19. Have an indoor picnic whilst visiting
20. Enjoy a favourite drink or food that you have brought
21. If you play an instrument offer to do a private concert
22. Try teaching simple tunes on an instrument
23. Sing or hum together

24. Play 'name that tune' with CDs, tapes or music on the radio
25. Listen to music together
26. Play simple charades – e.g. miming an action to guess what it is
27. Wind yarn together for a knitting project
28. Try drawing or painting together
29. Make simple gifts
30. Bring along your sewing basket, button box, socks drawer or tool box to organize together
31. Bring a bird feeder or house to hang outside
32. Bring book on bird watching
33. Bring the mending to do while you talk – watching is an activity too!
34. Brush, comb or style persons hair – give a simple head massage at the same time!
35. Pamper with make-up, perfume , aftershave or manicure
36. Ask for help planning your garden & look through a seed catalogue
37. Plant & look after an indoor window sill garden
38. Create a terrarium (table top garden arrangement) together, which requires very little care
39. Play word games & trivia together
40. Play cards or table board games together
41. Do crosswords together or do yours out loud – listening is an activity too!
42. Do jigsaws together even if the person can only watch or pick up the pieces
43. Watch television together and discuss programme you have seen
44. Keep up with the Soaps that everyone watches and discuss
45. Rent a video tape of an old favourite movie or musical & watch it together
46. Hold your own tournament or competition and keep a running tally of the scores (could be quoits, skittles, quizzes etc)
47. Create a story from a picture e.g. looking at a photograph or piece of art and imagining what is happening, who the people are, what they are doing or thinking etc.
48. Have a session of 'retail therapy' and do some shopping from catalogues
49. When possible go shopping if only to 'window shop'



50. Bring recipes to cook or to talk about and share favourites
51. Bring along a treat
52. Go for a walk 'round the block' inside or outside the building – take time to stop and look at the view, talk to people along the way and point out anything new or interesting
53. Give a gentle hand massage using aromatherapy scented oils or hand cream
54. Bring items to stimulate the sense of smell- spices, perfume or flowers
55. Bring different textured fabrics to touch- silk, cashmere, velvet etc:
56. Show slides or video of a recent holiday
57. Bring home movies made with a camcorder
58. Bring children's artwork or school papers
59. Bring a pet to visit
60. Bring a pet which can stay- fish
61. Start a collection or hobby that you both enjoy
62. Invite other residents who share the same hobby to join in
63. Do exercises together
64. Read a chapter of a novel, a short story or a few poems
65. Write poetry or a short story together
66. Look at and listen to an old fashioned music box
67. Make a "joy box" (decorated shoe box) filled with fun and favourite things
68. Discuss seasonal changes looking out of the window
69. Keep a "window diary" of interesting things that happen outside
70. Keep a journal of interesting discussions and upcoming events
71. Make a pot pourri together and hang it up to keep the room sweet smelling
72. Tell jokes to one another, bring along a joke book to keep it going
73. Help with writing letters to family & friends
74. Surprise someone and bring along one of their friends for a visit
75. Take photos to send to persons friends & family
76. Take a walk together , weather permitting, or sit on the patio
77. Bring grand children and enjoy watching them play
78. Bring a small baby or child occasionally
79. Help them make items for charity

80. Celebrate holidays or festivals in the home or outside when possible
81. Keep a track of favourite sports events or teams
82. Learn a new word or words whenever you visit using a dictionary
83. Challenge them with a spelling contest
84. Play along with TV game shows or develop your own
85. Dance, or tap your feet, to your individuals favourite dance music
86. Bring a travel book or brochure & dream about a fantasy holiday
87. Use small rhythm instruments to make your own music
88. Read the astrology column in a daily paper and talk about it
89. Play noughts and crosses or similar games
90. Talk about local land marks and how the community has changed
91. Make lists of their favourite foods, films, movie stars, music etc;
92. Talk about what you would do if you won the lottery
93. Design & make your own Christmas & holiday cards to send
94. Toss cards into a hat
95. Hold hands and be a good listener
96. Try your hand at drawing each other portraits when possible
97. With closed eyes see if they can guess different flavours you supply
98. Talk about, recite or play nursery rhymes and songs from childhood
99. Work on a latch hook rug while you sit and talk
100. Go for a walk to post a letter

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(Write your own ideas here)