



15 Meaningful Activities for Someone Living With Dementia

SIMPLE WAYS TO ENCOURAGE CONNECTION,
PURPOSE, AND ENJOYABLE MOMENTS TOGETHER.

- 1 Look Through Family Photos** | Browse familiar photos and talk about people, places, or memories that come naturally.
- 2 Listen to Favorite Music** | Play familiar songs and invite singing, tapping, or simply listening together.
- 3 Fold Towels** | Provide washcloths or hand towels for a familiar, purposeful activity.
- 4 Sort Everyday Objects** | Sort buttons, cards, socks, utensils, or other safe familiar items.
- 5 Arrange Flowers** | Use fresh or artificial flowers to create a simple arrangement together.
- 6 Take a Nature Walk** | Enjoy a comfortable walk and notice flowers, birds, trees, and sounds.
- 7 Do Simple Gardening** | Water plants, fill pots with soil, or tend an easy indoor or outdoor plant.
- 8 Bake or Prepare a Snack** | Stir, pour, decorate, or help with another familiar and safe kitchen task.
- 9 Read Something Familiar** | Try a favorite poem, short story, devotional, magazine, or newspaper.
- 10 Create a Memory Box** | Gather meaningful photographs and safe objects connected with family, hobbies, work, or travel.
- 11 Sing Favorite Songs** | Choose familiar music from earlier years and sing together without worrying about remembering every word.
- 12 Do a Simple Puzzle** | Choose an adult-appropriate puzzle with larger pieces and an appealing picture.
- 13 Enjoy a Sensory Activity** | Explore pleasant textures, familiar scents, soft fabrics, or other comfortable sensory experiences.
- 14 Help With a Familiar Household Task** | Set the table, match socks, wipe a surface, or organize safe items.
- 15 Sit and Reminisce Together** | Ask gentle questions about favorite foods, celebrations, hobbies, music, or traditions without testing memory.



A Sunny Reminder ☀️

The goal isn't to complete the activity perfectly.
Follow the person's interests, abilities, and comfort level.
A few enjoyable minutes of connection can be meaningful.

Sunny by Kimberly ☀️

PRACTICAL OCCUPATIONAL THERAPY RESOURCES
FOR DEMENTIA CAREGIVERS, HEALTHY AGING &
MEANINGFUL LIVING

