

100 Ways to Love a Person with Dementia... and Love Yourself

- Discuss a short article
- Put together a puzzle
- Read a book to a child
- Go for a drive
- Visit a museum
- Take an online class
- Learn a new skill
- Sing a song
- Feed the ducks
- Skype with the grand kids
- Volunteer at an animal shelter
- Look at a map and discuss

- a. Where (s)he has always wanted to go
- b. Facts about each state/country
- c. Where (s)he has traveled

- Water the plants
- Cut coupons
- Tell jokes



- Sort fabric scraps, nuts and bolts, coins or cards
- Visit your doctor regularly
- Visit your dentist regularly
- Allow others to help you
- Treat depression and anxiety
- Confide in a trusted friend
- Maintain your social relationships
- Volunteer with a meaningful organization
- Teach someone how to do something you enjoy
- List all of the things you can in one minute:

- a. Animals
- b. Flowers
- c. States

- Have the diagnosed person shred the junk mail
- Have the diagnosed person sweep the sidewalk
- Have the diagnosed person clean patio furniture
- Have a spelling bee
- Arrange scrabble letters into words
- Pitch pennies into a can



- Wear your nice jewelry
- Use a camera to take pictures
- Make a string of bird food
- Paint a birdhouse
- Plant a pot of flowers
- Arrange flowers
- Ball yarn
- Make a memory box
- Write a poem
- Scrapbook together
- Have a paper airplane contest
- Decorate store-bought cupcakes



- Bake cookies
- Use the fancy dishes
- Make a cup of fancy coffee
- Meet friends for lunch
- Cook a nice dinner
- Eat a snack outside
- Eat a healthy diet
- Make smoothies
- Make root beer floats
- Dress up and have tea
- Enjoy one glass of a nice wine

Pet a cat
 Take a bath
 Relax on the porch swing
 Give a hand massage with scented lotion
 Look at family pictures
 Do deep breathing
 Feed the birds
 Stop to smell the flowers
 Get a pedicure
 Attend a faith service
 Rent a movie
 Listen to quiet music
 Watch kids at the park
 Reminisce about



- a. Favorite places to travel
- b. Sports (s)he played as a child
- c. When (s)he met his/her spouse
- d. The best part about raising kids
- e. Why did you choose the career you did
- f. What was your favorite meal growing up

Rock on a swing or rocking chair
 Diffuse essential oils
 Look through picture magazines
 Connect with your spiritual side
 Get a good night's sleep
 Look at travel magazines

Dance to a favorite song
 Do Tai Chi
 Walk the mall
 Swim in a therapeutic pool
 Join an exercise group
 Join a community garden and plant vegetables
 Walk around a farmer's market
 Walk around the block
 Go to a swap meet
 Do chair yoga



Throw a ball to the dog
 Play hangman
 Shoot a basketball (use a pool basket inside!)
 Work on a crossword puzzle together
 Putt a golf ball (in your living room from a chair!)
 Bowl (even with water bottles in your living room!)
 Play tic-tac-toe with beanbags
 Play balloon badminton
 Play dominos
 Play Uno
 Toss a bean bag
 Play name that tune
 Play hangman
 Play cards
 Play checkers



Forgive Yourself If You Can't Do It All!