

# 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!