

## 25 Two Minute Activities for Dementia Care

Here are a few ideas for short activities 'in-between' programmed activities.

1. Greet the client by name and make eye contact
  2. Try on a couple of hats in front of a mirror with a client
  3. Tell a client she/he looks 'Beautiful!' today
  4. Show a client vivid colours in a garment/magazine and talk about it
  5. Hold hands and step outdoors for some fresh air
  6. Pick flowers in the garden together
  7. Help a client to try on a new shade of lipstick
  8. Give a client an impromptu shoulder massage
  9. Play a quick game of ball catch
  10. Evoke memories: e.g. "Tell more about your grandmother's farm!"
  11. Tease: "I saw your boyfriend/girlfriend today!"
  12. Tell a client you love her/him
  13. Give spontaneous bear hugs
  14. Try a new scented hand lotion on a client
  15. If the background music is good, take a client for a dance
  16. Blow bubbles together
  17. Look at a landscape or animal calendar together
  18. Ask for help: sorting books on a shelf, hanging clothes out to dry
  19. Water plants together
  20. Listen to the sound of a large shell
  21. Wrap herbs/spices individually in fabric and ask a client to identify the smell
  22. Comb, french braid or curl a client's hair
  23. Read a few funny limericks
  24. Remind a client about fruit and vegetables in season
  25. Sing a Nursery Rhyme together
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