

Fidgets and Widgets

Activities for those with dementia



As people with Alzheimer's disease and other dementias progress through their illness, they may find it more difficult to participate in activities they formerly enjoyed, but there are alternatives to keep your loved one active.

What are some different types of activities for people with Alzheimer's disease?

- **FIDGET/WIDGET TOYS** are items that stimulate tactile senses, reduce stress, and help maintain hand and finger dexterity.
- **LIGHT UP TOYS** can stimulate visual focus and enhance mood.
- **DOLLS, STUFFED ANIMALS, AND REALISTIC TOY PETS** can trigger positive emotions and memories and provide comfort and a sense of security.
- **MUSIC PLAYERS** can improve mood, and familiar songs can stimulate different parts of the brain.
- **COGNITIVE GAMES** can stimulate cognitive function and encourage social interaction with others.

How do you choose the right activity for someone with Alzheimer's disease?

- **WHAT STAGE IS YOUR LOVED ONE?** Choose activities that are engaging but not overly frustrating.
- Keep **PREVIOUS INTERESTS** in mind. Activities that relate to things they enjoyed before they were diagnosed with dementia are typically more successful.
- **RESERVE JUDGEMENT.** People with dementia tend to live in the moment and be interested in more simplistic activities than we are used to seeing in adults. The important thing is that they are being fulfilled, not how it is happening.
- **CONSULT A PROFESSIONAL.** Contact the Memory Lane Lending Library at Three Pillars or your local ADRC.