


alzheimer's  association
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292 Things to do with a Person who has Alzheimer's Disease

1. Clip coupons
2. Sort Poker chips
3. Count tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read out loud (Good Old Days Magazine)
7. Bake cookies
8. Look up names in the phone book
9. Read the daily paper out loud
10. Ask a friend, neighbor, church acquaintance who has a young baby or young child to visit.
11. Listen to polka music
12. Plant seed indoors or out
13. Look at family photographs
14. Toss a ball
15. Color pictures
16. Make homemade lemonade
17. Wipe off the table
18. Weed the flower bed
19. Make cream cheese mints (powdered sugar, cream cheese, peppermint extract- knead together and press into mint molds)
20. Have a spelling bee
21. Read from the Readers' Digest
22. Fold clothes
23. Have a neighbor/friend with a calm pet visit
24. Cut pictures out of greeting cards
25. Wash silverware
26. Bake homemade bread
27. Sort objects such as beads by shape or color
28. Sing Christmas carols
29. Say "Tell me more" when they share a memory
30. Put silverware away
31. Make a Valentine collage
32. Play favorite songs and sing together
33. Take a ride
34. Make a cherry pie
35. Read aloud from Ideals magazine
36. Dye Easter eggs
37. Make a basket of socks
38. Take a walk
39. Reminisce about the first day of school
40. String Cheerios to hang outside for the birds
41. Make a fresh fruit salad
42. Sweep the patio
43. Color paper shamrocks green
44. Fold towels
45. Have an afternoon tea
46. Remember great inventions
47. Play Pictionary
48. Paint a sheet
49. Cut out paper dolls
50. Identify states and capitols
51. Make a family tree poster
52. Color a picture of our flag
53. Cook hot dogs outside
54. Grow magic rocks
55. Water house plants
56. Reminisce about the first kiss
57. Play horseshoes
58. Dance
59. Sing Favorite hymns
60. Make homemade ice cream
61. Force bulbs for winter blooming
62. Make Christmas cards
63. Sort playing cards by their color
64. Write a letter to a family member
65. Dress in red on a football Saturday
66. Pop popcorn
67. Name the presidents

68. Give a manicure
69. Make paper butterflies
70. Plant a tree
71. Make a May basket
72. Make homemade applesauce
73. Finish famous sayings
74. Feed the ducks
75. Mold with PlayDough
76. Look at pictures in a National Geographic
77. Put a simple puzzle together
78. Sand wood
79. Rub in hand lotion with a pleasant scent
80. Decorate paper placemats
81. Arrange fresh flowers
82. Remember famous people
83. Straighten underwear drawer
84. Finish nursery rhymes
85. Make peanut butter sandwiches
86. Wipe off patio furniture
87. Cut up used paper for scratch paper
88. Take care of a fish tank
89. Trace and cut out leaves
90. Ask simple trivia questions
91. Finish Bible quotes
92. Paint with a string
93. Cut out pictures from magazines
94. Read classic short stories
95. Put coins into a jar
96. Sew sewing cards
97. Put bird feed out for birds
98. Clean out a pumpkin
99. Reminisce about a favorite summer
100. Separate material pieces by color or texture
101. Bake a birthday cake
102. Look through catalogues
103. Clean golf balls
104. Sort colored golf tees
105. Wash the car
106. Sit in the shade
107. Walk in the rain
108. Glide in a glider rocker
109. Smash bananas for banana bread
110. Match plastic containers and lids
111. Scatter fertilizer in the yard
112. Make a snowball
113. Organize a briefcase
114. Make breadsticks from frozen dough
115. File papers
116. Make a photo memory ring
117. Rice potatoes
118. Watch the "Honeymooners"
119. Watch the Sound of Music
120. Frost cupcakes
121. Dunk donuts in milk
122. Shred carrots for salad
123. Fluff pillows
124. Put address labels on envelopes
125. Hold a stuffed animal
126. Listen to favorite songs on tape
127. Say a rosary prayer
128. Tuck a "baby" into bed
129. Look at travel magazines
130. Crank the handle on an ice cream maker
131. Hold a smooth rock
132. Watch the "Music Man"
133. Drink "near" beer
134. Mash potatoes
135. Polish boots
136. Put a hand under running water
137. Read Chinese cookie fortunes
138. "Test" a baby bottle
139. Shake salad dressing
140. Top a pizza with cheese
141. Hold a baby on a lap
142. Blow kisses
143. Crush herbs to smell (mint, lavender, etc)
144. Shake a rug
145. Watch home movies
146. Pet a kitten
147. Turn the handle on a food grinder

148. Paint chair black & sand down to bare wood
149. Fold paper bags
150. Bring backyard indoors to touch & smell
151. Exercise
152. Sample fruit
153. Empty waste basket
154. Sort coins
155. Fold newspapers to recycle
156. Visit a neighbor
157. Sharpen a pencil
158. Tie a rope knot
159. Pound a stake
160. Feel the breeze
161. Work a crossword puzzle
162. Stir pancake batter
163. Listen to the rain on the roof
164. Watch or listen to birds
165. Make a bed together
166. Husk corn
167. Draw a face on a jack-o-lantern
168. Twirl dance in a wheelchair
169. Watch fish in the aquarium
170. Pound tenderize a steak
171. Pick low hanging fruit
172. Polish silver
173. Roll a pie crust
174. March in place
175. Look at family slides
176. Wind a clock
177. Decorate a birthday cake
178. Toss a salad
179. Brush the dog
180. Mix fruit and yogurt
181. Eat ice cream cones
182. Fly a paper airplane
183. Rummage in a safe drawer
184. Wipe off place mats
185. Straighten books
186. Try on hats
187. Pack a suitcase
225. Oil work boots with Mink Oil
226. "Add" on an adding machine
227. Make a shopping list
228. Look at recipe cards
188. Put away groceries
189. Take apart a small appliance
190. Be a "helper"
191. Hang necklaces on a rack
192. Tie a tie
193. Hang belts by the buckle
194. Sort spools of thread
195. Tidy up a corner of a room
196. Put on jewelry
197. Hang up clothes on a hook
198. Look at old cards
199. Stack little boxes
200. Unravel a sweater
201. Scrub potatoes in their skins
202. Dig a hole
203. Smooth a lap robe
204. Shake hands
205. Hand wash a blouse
206. Grow a carrot or potato top
207. Roll yarn into balls
208. Churn butter
209. Check out old spark plugs
210. Tell a war story
211. Eat breakfast food at dinner time
212. Feel and look at lace
213. Sip a favorite drink through a straw
214. Dip graham crackers in milk
215. Laugh at a joke
216. Take a sales order
217. Wash a window
218. Type
219. Have Chinese food delivered for dinner
220. Sort laundry by colors & whites
221. Sort washers and wing-nuts
222. Sift cornmeal
223. Make honey butter
224. Make soap suds
258. Water the lawn
259. Listen to wind chimes
229. Put face powder on with powder puff
230. Toss confetti
231. Dust with a feather duster

232. Plant a bulb
233. Put on suntan lotion
234. Line a muffin pan with paper liners
235. Juice a lemon
236. Roll dice
237. Play ring toss
238. Fill peat pots with dirt
239. Spray water plants
240. Watch a windsock sway
241. Clean a lawn mower engine
242. Take picture with a Polaroid camera
243. Taste condiments: catsup, mustard, mayo
244. Pull apart cotton
245. Put hands in a box of packing pellets
246. Putt with an indoor putting green
247. Fold a flag
248. Spread bar cookie batter in a pan
249. Scatter wildflower seeds in dirt
250. Sand a door edge
251. Suck on flavored ice chips
252. Bowl in the backyard
253. Read a letter from a friend
254. Brush hair
255. Toss leaves into the wind
256. Trade baseball cards
257. Stack plastic patio chairs
260. Polish a door knob
261. Dial a rotary telephone
262. Wind fishing line on a reel
263. Give a compliment
264. "Show and Tell"
265. Stack pegs on a peg board
266. Knead bread
267. Stack plastic cups and plates
268. Lick the bowl and spoon while cooking
269. Dry dishes
270. Cut fabric into quilt squares
271. Sign the checks to pay bills
272. Have impromptu picnic inside or outside
273. Rearrange drawers
274. Sit by the fire
275. Cuddle
276. Sweep the sidewalk
277. Clean out a closet
278. Match mittens and gloves
279. Tear old clothes for rags
280. Sit on the porch
281. Put up a butterfly house
282. Shuck dried corn for the squirrels
283. Stir up a compost pile
284. Watch for the mail to be delivered
285. Scour a sink
286. Put on raspberry lip balm
287. Squeeze a "Nerf" ball
288. Toss a "koosh" ball
289. Look at a scrapbook
290. Blow bubbles
291. Crush pine needles & put in warm water for potpourri
292. Hug