

# 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  
Skype with the grandkids

- Things
- To
- Do



Volunteer at an animal shelter

Take an online class

Learn a new skill

Sing a song

Feed the ducks

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

## Get Artsy



Paint a birdhouse

Plant a pot of flowers

Arrange flowers

Ball yarn

Make a memory box

Wear your nice jewelry

Use a camera to take pictures

Make a string of bird food

Write a poem

Scrapbook together

Have a paper airplane contest

Decorate store-bought cupcakes



Bake cookies

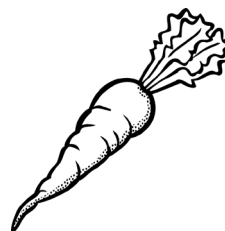
Use the fancy dishes

Make a cup of fancy coffee

Meet friends for lunch

Cook a nice dinner

Eat a snack outside



## Eat and Drink



Eat a healthy diet

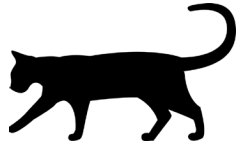
Make smoothies

Make rootbeer 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



Use a death service

Rent a movie

Listen to quiet music

Watch kids at the park



Reminisce about

- Favorite places to travel
- Sports (s)he played as a child
- When (s)he met his/her spouse
- The best part about raising kids
- Why did you choose the career you did
- 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

Play dominos

Play Uno

Toss a bean bag

Play name that tune

Play balloon badminton

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!)

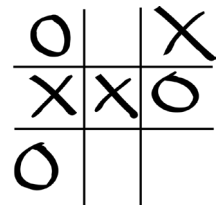
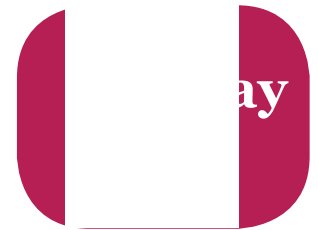
Bowl (even with water bottles in your living room!)

Play tic-tac-toe with beanbags

Play hangman

Play cards

Play checkers



**Forgive Yourself if You Can't Do It All!**