

It can be a challenge to keep a person with Alzheimer's disease active during the day. Activities that used to be stimulating may now cause anxiety for a person with Alzheimer's. The best approach is to keep the activities simple.

Here are 20 ideas of simple activities to do with people with Alzheimer's disease:

- 1. Sort poker chips, silverware, playing cards etc.**
- 2. Plant flowers or seeds**
- 3. Toss a ball or balloon**
- 4. Fold towels, placemats or napkins**
- 5. Wipe off tables or counter top**
- 6. Bring a calm friendly pet to visit**
- 7. Bring CD's of their favorite music**
- 8. Cut up paper to use as scrap paper**
- 9. Frost cookies, cupcakes or muffins**
- 10. Roll yarn into a ball**
- 11. Cut pictures out of magazines and make a collage**
- 12. Put a puzzle together**
- 13. Sing favorite songs**
- 14. Reminisce about the old days**
- 15. Draw color pictures**
- 16. Mold things with Play Dough**
- 17. Write a letter to a loved one**
- 18. Take a walk outside or inside**

19. Arrange silk flowers

20. Look at photo albums, scrap books, picture books

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