

## How People Can Live Self-Directed, High-Quality Lives in Mid- to Late-Stage Dementia

Each person has a unique story and a variety of interests, no matter how far the symptoms of dementia have progressed. Many people living with mid- to late-stage dementia still have the drive and desire to pursue the activities and hobbies they once loved.

### Mid-Stage Dementia Activities



Give your loved one tasks like snapping beans, tearing lettuce, washing produce, or helping you clean up.



Choose a great tactile activity that gives your loved one a moderate amount of exercise out in the sunshine. Ask them to pull weeds, plant seeds, or even lightly rake leaves.



Some notable titles for people living with dementia are "What the Wind Showed to Me" by Emma Rose Sparrow, and "The Sunshine on My Face: A Read-Aloud Book for Memory-Challenged Adults" by Lydia Burdick.

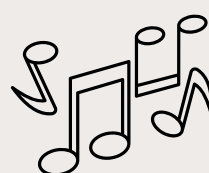


Under supervision, many seniors enjoy the calming sensation of being in water. Some studies show spending time in water improves balance and reduces the risk of falls.



Walking is the perfect way to get your loved one moving, and it's suitable for all abilities. Give them the opportunity to get social by joining a walking group.

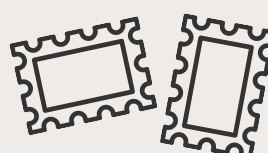
### Late-Stage Dementia Activities



Tapping and patting to a rhythm together using a stick or spoon is great way to make music and put a smile on your family member's face.



Massaging your loved one's hands with a lightly scented cream while they listen to their favorite song or calmly sit outside is relaxing and helps you feel an extra-close bond.



Pressing is a great tactile activity for seniors in late-stage dementia. You can use block stamps or glue paper to cardboard.



Performing daily tasks like folding towels, blankets, and clothing gives your loved one a sense of comfort and confidence.



Find something like a hatbox or decorative bottle and wrap it. Not only will your loved one like picking at the paper; they'll also delight at the small prize inside.

**See How Your Loved One with Dementia Can Thrive at Monticello West.**

To find out more about our whole-person approach to memory care, Heartfelt Connections, or the Montessori Method, contact Monticello West online or call us at **214-528-0660**, and we'll be in touch shortly.