

# Stimulating at Home Activities

Here are 10 stimulating activities for people living with Alzheimer's that you can try at home with your loved one:

1. **Bake or cook** simple recipes together.
2. **Clean around the house.** Sweep the patio, wipe the table, fold towels or try other household tasks that help the person feel a sense of accomplishment.
3. **Do arts and crafts**, such as knitting and painting. Keep patterns and tools simple.
4. **Look at books** the person used to enjoy.
5. **Organize household or office items**, particularly if the person used to take pleasure in organizational tasks.
6. **Read** the newspaper.
7. **Play music** or sing songs.
8. **Tend the garden** or visit a botanical garden.
9. **Watch family videos.**
10. **Work on puzzles.**

If your loved one resists an activity, take a break. You can try again later, or ask your loved one how the activity can be changed to make it more enjoyable for them.

Remember to concentrate on the process of an activity and not the results. What matters is that your loved one enjoyed the time spent on it and felt useful.