

ACTIVITY GUIDE: MEMORY CARE

Content	Location	Description and Activity Ideas	Internet required
Aquarium	Health & Wellness- Sensory	Watch the fish swim around the tank! Press the letter "F" to feed the fish in the tank, or "Enter" for more options.	NO
Bubble Popper	Games & Puzzles- Strategy & Target	Exercise your brain and body with this simple touchscreen game.	NO
Commercials	Music, TV, & Films- Classic TV	Reminisce with these collections of vintage commercials--from Barbie to Battleship, and Band-Aids to Classic Cars!	NO
Common Sayings	Health & Wellness- Brain Fitness- Challenges	Finishing common sayings can be a fun activity. Using well-known adages that are deeply embedded in memory makes it easier, while less common phrases can be more challenging (and fun) for those in the earlier stages of the disease.	NO
Guided Tours	Travel	Travel around the globe without ever leaving your chair! Use Google Earth to enhance the trip.	NO (Google Earth- YES)
Hangman	Games & Puzzles- Word Games	Go around the room having individuals guess letters for the word. The purple version has a hint for each word! This version also ties into the weekly theme. Games in the "easy" category feature 4-6 letter words!	Purple-YES White- NO
Hymn Books	Spiritual – Christianity - Music	<u>Recollect</u> and <u>Reflect</u> collections offer dozens of traditional hymns complemented by vocals and lyrics.	NO
Karaoke	Music, TV, & Films	Studies show that someone with dementia can sing along with familiar music long after they have lost the ability to speak.	NO
Lagoon	Health & Wellness- Sensory	Allows for a unique touch screen experience not only calm and soothe, but to also stimulate the senses.	NO
Memory Bio	Reminisce	Use these slideshows to help spark memories and discussion of childhood, travel, holidays, and so much more. Pass around props while using the slideshows - toy trucks, dolls, suitcases, etc.	NO

Content	Location	Description and Activity Ideas	Internet required
Movies	Music, TV, & Films	Four classic rotating films. Catch up with some of your old favorites!	NO
Internet	Stay Connected	Check everyone's horoscope, browse good news, learn about the weather, health, space and more. Try reading the "Dear Abby" section and see what your residents would offer as advice to others.	YES
Create a Story	Games & Puzzles- Creative Arts	By removing the pressure to remember, this creative story telling program inspires people with memory loss to share the gift of their imaginations.	YES
Therapeutic Music	Music, TV- & Films	Provides several different playlists to choose from, with specific purposes in mind! Dining, sun downing, activities, and more!	YES
Puzzles	Games & Puzzles	Choose from hundreds of puzzles or create your own. Choose as few as four pieces and as much as 49 pieces.	NO
Google	Stay Connected - Internet	Type in a word or theme that is part of the day's discussion. See related pictures, definitions, etc.	YES
Relaxation	Health & Wellness- Sensory	Sit back and relax to soothing scenes and calming music.	NO
Slideshows	Health & Wellness- Sensory	With so many to choose from, you can create an individualized activity experience for anyone!	NO
Service Branches	Veterans/History - Veterans	Take a virtual tour of the National Museum of the Marine Corps, reminisce with old war movies and cartoons, and explore each branch of the military.	YES
Jackson Pollock	Games and Puzzles- Creative Arts	Create your own Jackson Pollock style artwork with this unique touchscreen experience by simply using your finger to create splatter paintings.	YES