

101 Things to do



when visiting a relative at Rosemary Lodge Care Home with Nursing





The following list offers a wide variety of suggestions or possibilities which may or may not be of interest to your relative. Sometimes when a person is very frail or has advanced dementia, it can be hard to find things which can engage the person's interest. However, it is hoped that there might be something new in this list which would be worth trying.

1. Talk about what you have been doing since your last visit
2. Bring photos of family & friends - from days gone by or recent snaps
3. Create a photo album, frame photos or make a photo collage
4. Make a special scrapbook or a memory box of significant objects based on personal life history
5. Help write or tape an autobiography
6. Share favourite stories and memories
7. Bring holiday snaps, souvenirs, postcards, even maps and tales of your journey
8. Read newspapers & magazines aloud to keep your relative in touch
9. Jointly look at magazines with large colourful pictures and invite opinions and comments on the contents whether it is fashion preferences or political views
10. Subscribe to a relative's hometown newspaper and bring it along
11. Read religious (where appropriate) or inspirational articles, magazines or books – a 'thought for the day' or 'hope for the week'
12. Read letters from family and friends
13. Bring messages from family & friends recorded on tape
14. Bring videotape greetings from family & friends
15. Help with writing or taping letters & cards
16. Find a pen pal and help with the project
17. Create collage poster with pictures cut from magazines
18. Bring articles related to the season or next holiday to talk about
19. Have an indoor picnic whilst visiting
20. Enjoy a favourite drink or food that you have brought
21. If you play an instrument offer to do a private concert
22. Try teaching simple tunes on an instrument

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23. Sing or hum together
 24. Play 'name that tune' with CDs, tapes or music on the radio
 25. Listen to music together
 26. Play simple charades - e.g. miming an action to guess what it is
 27. Wind yarn together for a knitting project
 28. Try drawing or painting together
 29. Make simple gifts for the grandchildren
 30. Bring along your sewing basket, button box, socks drawer or tool box to organise together
 31. Bring a bird feeder or house to hang outside
 32. Bring a book on bird watching
 33. Bring the mending to do while you visit - watching is an activity too!
 34. Brush, comb or style relative's hair - give a simple head massage at the same time!
 35. Pamper with make-up, perfume, aftershave or manicure
 36. Ask your relative for help planning your garden & look through a seed catalogue
 37. Plant & look after an indoor window sill garden
 38. Create a terrarium (table top garden arrangement) together, which requires very little care
 39. Play word games & trivia together
 40. Play cards or table board games together
 41. Do crosswords together or do yours out loud - listening is an activity too!
 42. Do jigsaws together even if the person can only watch or pick up the pieces
 43. Watch television together and discuss programme you have seen
 44. Keep up with the soaps that your relative watches and discuss
 45. Rent a video tape of an old favourite movie or musical & watch it together
 46. Hold your own tournament or competition and keep a running tally of the scores (could be quoits, skittles, quizzes etc)
 47. Create a story from a picture e.g. looking at a photograph or piece of art and imagining what is happening, who the people are, what they are doing or thinking etc
 48. Have a session of 'retail therapy' and do some shopping from catalogues
 49. When possible take your relative shopping if only to 'window shop'
 50. Bring recipes to cook with your relative or to talk about and share favourites
 51. Bring along a treat you know your relative likes

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52. Go for a walk 'round the block' inside or outside the building – take time to stop and look at the view, talk to people along the way and point out anything new or interesting
 53. Give a gentle hand massage using aromatherapy scented oils or hand cream
 54. Bring items to stimulate the sense of smell- spices, perfume or flowers
 55. Bring different textured fabrics to touch- silk, cashmere, velvet etc
 56. Show slides or video of a recent holiday
 57. Bring home movies made with a camcorder
 58. Bring grandchildren's artwork or school papers
 59. Bring a pet to visit
 60. Bring a pet which can stay - fish
 61. Start a collection or hobby that you both enjoy
 62. Invite other residents who share the same hobby to join in
 63. Do exercises together
 64. Read a chapter of a novel, a short story or a few poems
 65. Write poetry or a short story together
 66. Look at and listen to an old fashioned music box
 67. Make a "joy box" (decorated shoe box) filled with fun and favourite things
 68. Discuss seasonal changes looking out of the window
 69. Keep a "window diary" of interesting things that happen outside
 70. Keep a journal of interesting discussions and upcoming events
 71. Make a pot pourri together and hang it up to keep the room sweet smelling
 72. Tell jokes to one another, bring along a joke book to keep it going
 73. Help with writing letters to family & friends
 74. Surprise your relative and bring along one of their friends for a visit
 75. Take photos to send to friends & family
 76. Take a walk together, weather permitting, or sit on the patio
 77. Bring grand children and enjoy watching them play
 78. Bring a small baby or child occasionally
 79. Help them make items for charity
 80. Celebrate holidays or festivals in the home or outside when possible

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81. Keep a track of favourite sports events or teams
 82. Learn a new word or words whenever you visit using a dictionary
 83. Challenge a relative in a spelling contest
 84. Play along with TV game shows or develop your own
 85. Dance, or tap your feet, to your relative's favourite dance music
 86. Bring a travel book or brochure & dream about a fantasy holiday
 87. Use small rhythm instruments to make your own music
 88. Read the astrology column in a daily paper and talk about it
 89. Play noughts and crosses or similar games
 90. Talk about local land marks and how the community has changed
 91. Make lists of your relative's favourite foods, films, movie stars, music etc
 92. Talk about what you would do if you won the lottery
 93. Design & make your own Christmas & holiday cards to send
 94. Toss cards into a hat
 95. Hold your relative's hand and be a good listener
 96. Try your hand at drawing each other's portrait when possible
 97. With closed eyes see if your relative can guess different flavours you supply
 98. Talk about, recite or play nursery rhymes and songs from childhood
 99. Work on a latch hook rug while you sit and talk
 100. Give hugs and affection when arriving and leaving

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(Write your own idea here)

The content of this document has kindly been provided by NAPA. For more information about NAPA, National Association for Providers of Activities for Older People, please contact 020 7078 9375 or visit www.napa-activities.co.uk



Support from the heart of the community