

Later Stages

People in the later stages of dementia can still enjoy activities, however the focus may be mainly on the sensory side of communication and engagement. Anything touched and anything that touches us can be stimulating. Individuals can get great enjoyment from activities that stimulate their senses. Some of the activities that can be used are:

- Hand massage
- Aromatherapy
- Rummage boxes
- Life story books
- Soft toys/Doll Therapy
- Music



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Importance of Meaningful Activity in Dementia



Memory Service

Activity in Dementia Care

Engaging in a balance of self-care, work and leisure activities is essential to our physical and mental wellbeing and our quality of life.

Due to their dementia a person may need a lot of help to find activities that can provide them with that sense of satisfaction. As a person progresses through their dementia often the types of activities they like to do change. An individual's level of participation and ability to complete activities varies greatly and can deteriorate as the condition progresses.

Why do we engage people with Dementia in meaningful activity?

- Sensory stimulation
- Physical activity
- Opportunities for socialising
- Prevent boredom
- Provide a sense of purpose, a sense of value and a sense of belonging
- Promotes a positive emotional well being
- Improved quality of sleep
- Method of distraction
- Reduce anxiety, fear or frustration
- Reduce a person expressing their behaviours through physical/verbal behaviour



Activities to Try

- Art/colouring
- Ball games
- Puzzles
- Music/dance
- Books
- Everyday activities - Making beds, folding clothes, cleaning tables, brushing the floor
- Board games
- Beauty treatment
- Foot spa/hand massage
- Exercise
- Baking
- Sensory stimulation

