FOR FAMILY CAREGIVERS

Dementia Activities *& Daily Care* Workbook

✓ 75 calming activities by stage

✓ 120 conversation starters

✓ Large-print puzzles & word games

✓ Printable daily care logs

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DIGIPLEXA

PART 1

The 7 golden rules of activities

1

Success over challenge

Choose activities your person can do well. The goal is enjoyment and a sense of usefulness, not testing memory or teaching new skills.

2

Break it into one step at a time

Give one simple instruction, wait, then give the next. Show rather than tell: do the first step yourself and invite them to copy.

3

Follow their lead

If they want to do it differently, let them. There is no wrong way to fold a towel or sort buttons. If they lose interest, stop and try again later.

4

Draw on their past

Former jobs, hobbies and roles are a goldmine. A retired bookkeeper may love sorting coins; a former gardener may light up repotting a plant.

5

Pick the right time

Many people do best in the morning. Late afternoon can bring restlessness; calm, familiar activities often work better then.

6

Keep the space calm

Turn off the TV, clear the table of clutter and use good light. Fewer distractions make it easier to focus.

7

Praise the effort, not the result

Say thank you and mean it. Feeling helpful and appreciated is often the real benefit of the activity.

PART 2 · EARLY STAGE

1 Make a 'This Is My Life' book

☐ Tried

You need: Photo album, photos, pens, sticky labels

How: Choose a theme (school days, first home, work, holidays). Look through photos together and write a short caption for each in their words.

Tip: Write captions as statements, not questions: 'Dad's first car, 1968' rather than 'Do you remember this?'

How it went: _____

2 Cook a favorite recipe together

☐ Tried

You need: A simple familiar recipe, ingredients

How: Read the recipe aloud step by step. Give them the jobs they enjoy most: stirring, measuring, tasting.

Tip: Choose a recipe they made for years. Handle hot pans and sharp knives yourself.

How it went: _____

3 Plant a pot of herbs or flowers

☐ Tried

You need: Pot, compost, seedlings or seeds, small trowel

How: Fill the pot together, plant, water and choose a sunny spot. Check on it each day.

Tip: A plant to care for gives a daily purpose.

How it went: _____

4 Do an easy jigsaw puzzle

☐ Tried

You need: 100–300 piece puzzle with a familiar picture

How: Sort edge pieces first, then colors. Work on it a little each day.

Tip: Choose larger pieces and pictures of places or things they love.

How it went: _____

5 Read the newspaper together

☐ Tried

You need: Local paper or magazine

How: Read headlines aloud and chat about local news, the weather, sport or ads for old-fashioned products.

Tip: Avoid stressful news. Local and nostalgic stories work best.

How it went: _____

Home and family

1. How did you meet your husband or wife?
2. Tell me about your wedding day.
3. What was your first home like?
4. What were your children like when they were little?
5. What family traditions did you love?
6. Who was the best cook in the family?
7. What did you do on Sundays?
8. What's the best advice your mother gave you?
9. What made your home cozy?
10. What did your garden look like?
11. What did you name your children and why?
12. What was your favorite room in the house?
13. What did you do on family days out?
14. Who in the family made you laugh most?
15. What were birthdays like in your family?

Food

1. What's your favorite meal of all time?
2. What did you have for Sunday dinner?
3. What could you cook better than anyone?
4. What did your mother cook best?
5. What's the best cake you ever tasted?
6. Do you prefer sweet or savory?
7. What did you eat on special occasions?
8. What fruit do you love?
9. Did you ever grow your own vegetables?
10. What did a picnic look like when you were young?
11. What's your favorite drink?
12. Have you ever tried something really unusual to eat?
13. What did you have for breakfast as a child?
14. Tell me about your favorite restaurant.
15. What does Christmas dinner mean to you?

PART 4 · PRINTABLE

Daily care log

Date: _____ Caregiver: _____

	Food & drink	Activities & mood
Morning		
Midday		
Afternoon		
Evening		
Night		

Sleep last night

☐ Good ☐ Restless ☐ Up at night

Overall mood today

☐ Calm ☐ Happy ☐ Anxious

What went well today

Anything to tell the next caregiver or the care team

PART 5 · WORD SEARCH 1

In the Garden

H	O	W	M	E	U	S	B	U	H	D	U
R	S	J	T	K	R	K	S	L	P	A	M
B	E	E	P	E	A	S	B	D	J	I	W
N	I	H	E	N	R	H	R	P	T	S	I
E	B	T	K	D	F	O	B	I	D	Y	B
U	H	J	R	U	S	S	S	G	W	T	L
K	O	A	D	P	G	E	R	E	D	U	G
B	M	D	M	E	U	W	T	U	L	I	P
P	S	B	O	L	F	B	P	B	G	H	F
D	B	E	G	A	W	S	H	E	D	C	D
I	C	M	B	W	S	N	P	O	K	O	R
G	U	T	I	N	N	S	P	A	D	E	E

ROSE TULIP SPADE SEEDS BEE

PEAS HOSE DAISY LAWN SHED