

Non-Strucutred Activities and Non-Pharmacoligical Interventions for Dementia Care

Distraction with visual stimuli, music, or television
Music per CD, Video or headphones per resident choice
Photo Magazines or colorful books for browsing
Virtual Family visit or phone call
Simple word finds / one letter fill in the blanks
Stacking activities (Cones, geometrical objects, familiar objects like silverware)
Animal Videos (Animal Planet or like Television shows)
Non-toxic (can be edible) Painting
Imagery/Mediation
Relaxation Techniques
Breathing exercises
Yoga Stretching and Yoga holds (Chair Yoga Videos)
Reducing Noise / Remove Television
Lowering Lighting
Spiritual support, prayer
Warm Blankets
Cold Packs
Repositioning / Extra Pillows
Warm Drink – Tea / Milk
Comfort Food – Soup / Candy
Music Therapy
Aromatherapy Diffuser or Spray
Pat Mat / Stuffed Animals
Sensory Apron
Gender specific Activity Board (tools for men / Fashion /Grooming for women)
Individual Physical Game (Ring Toss / Mini Basketball hoops)
Cutting out Grocery store coupons
Folding Church Bulletins or letters (Task appropriate)
Instrumental – Hand bells, autoharp, encourage piano playing, harmonica's, Ukulele
Therapeutic Doll Use
Animal Interaction / Therapeutic Pet Visits
Hand Massage
Shoulder/ Temple Massage
Grooming Intervention
 Offering Lip Gloss / Blush
 Perfume / Shaving Lotion
Change of Environment – Alternate lounge or Activity Area
Go outdoors
Go for a walk inside or outside
Stretching simple yoga
Life Review / Reminiscing
Hand lotion

Good Touch

Hugs

Hand Holding

Reading out loud (to or from the resident)

Companionship

Viewing Favorite photo personal objects from room

Phone call with close friend/family

Para-symptomatic Response (Validation Therapy / Compassionate responses)

Energy Therapies Reiki

Art Therapy – Coloring / Water Colors