

Examples of Activities for Individuals with Mild Dementia ^{1, 2, 3, 4, 5, 6, 7}

Physical Activities	<ul style="list-style-type: none"> ● Walking ● Tai chi or Ba Duan Jin ● Dance or chair dance ● Exercise or chair-based exercise ● Seated balloon volleyball ● Stretching exercises ● Lawn bowling ● Cooking together
Recreational Activities	<ul style="list-style-type: none"> ● Reading ● Painting ● Playing Mahjong ● Playing Chess ● Puzzles ● Singing ● Gardening ● Reminiscing ● Pet therapy ● Writing
Online Activities/ Mobile Apps	<ul style="list-style-type: none"> ● Cognitive health games and apps (e.g., online puzzles, crosswords, Mahjong, etc.) ● Watching online videos ● Looking up news, information, and personal interests on the internet ● Texting, emailing, or video calling with family and friends

¹ Alzheimer Society of Canada. (n.d.). *Staying physically active*.

<https://alzheimer.ca/en/help-support/im-living-dementia/living-well-dementia/staying-physically-active>

² National Institute of Aging. (2017). *Staying Physically Active with Alzheimer's*.

<https://www.nia.nih.gov/health/staying-physically-active-alzheimers>

³ National Health Service, the United Kingdom. (2021). *Activities for dementia*.

<https://www.nhs.uk/conditions/dementia/living-with-dementia/activities/>

⁴ Mountain-Pacific Quality Health. (n.d.). *Using the Five Senses to Support Residents with Dementia*.

https://www.mpqhf.org/QIO/wp-content/uploads/2016/03/508_Five-Senses-and-Dementia.pdf

⁵ Alzheimer's Foundation of America. (n.d.). *Therapeutic Activities for 3 Main Stages of Alzheimer's disease*.

<https://alzfdn.org/therapeutic-activities-for-3-main-stages-of-alzheimers-disease/>

⁶ Alzheimer Society of UK. (n.d.) *Physical activity and exercise*. <https://www.alzheimers.org.uk/get-support/daily-living/exercise>

⁷ Social Care Institute for Excellence. (2020). *Keeping people with dementia active and occupied*.

<https://www.scie.org.uk/dementia/living-with-dementia/keeping-active/>