

## Examples of Activities for Individuals with Moderate Dementia<sup>1, 2, 3, 4, 5, 6, 7</sup>

	Individuals with Moderate Dementia
<b>Physical Activities</b>	<ul style="list-style-type: none"> <li>● Guided walking</li> <li>● Chair dance</li> <li>● Chair-based exercise</li> <li>● Seated balloon volleyball</li> <li>● Stretching exercises</li> <li>● Guided balance practices</li> <li>● Simple household chores (e.g., folding clothes, wiping the table, etc.)</li> </ul>
<b>Recreational Activities</b>	<ul style="list-style-type: none"> <li>● Reading with assistance (or being read to)</li> <li>● Listening to audiobooks</li> <li>● Listening to music</li> <li>● Singing</li> <li>● Painting</li> <li>● Gardening</li> <li>● Reminiscing</li> <li>● Pet therapy</li> <li>● Writing</li> </ul>
<b>Online Activities/ Mobile Apps</b>	<ul style="list-style-type: none"> <li>● Colouring book mobile apps</li> <li>● Mobile apps with art elements</li> <li>● Watching online videos</li> <li>● Listening to music and songs</li> <li>● Texting, emailing, or video calling with family and friends</li> </ul>

<sup>1</sup> Alzheimer Society of Canada. (n.d.). *Staying physically active*.

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

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

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

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

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

<sup>4</sup> 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](https://www.mpqhf.org/QIO/wp-content/uploads/2016/03/508_Five-Senses-and-Dementia.pdf)

<sup>5</sup> 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/>

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

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

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