

Examples of Activities for Individuals with Severe Dementia ^{1, 2, 3}

Sight	<ul style="list-style-type: none"> • Look at scenery • Look outside through a window or door • Look at artwork • Watch videos • Look through old photo albums • Look at various objects that have bright colours
Smell	<ul style="list-style-type: none"> • Take a breath of fresh air • Smell various scents, e.g., scented oil, spices, flowers, etc.
Touch	<ul style="list-style-type: none"> • Brush their hair • Gentle hand or foot massage • Touch and interact with various objects with different textures, like sand and leaves • Pet therapy
Taste	<ul style="list-style-type: none"> • Try food, drinks, spices, and sauces with different textures and tastes (*Beware of choking hazards and special diet requirements)
Sound	<ul style="list-style-type: none"> • Play songs they enjoy or listened to in the past • Play soft music or nature sounds, such as ocean waves • Tap along to the rhythm of the music • Read a book to them • Provide an instrument to play together (e.g., drums, shakers, tambourines, etc.) • Music therapy

¹ National Health Service, the United Kingdom. (2021). *Activities for dementia*.

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

² 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

³ 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/>