

适合轻度认知障碍症患者的活动^{1 2 3 4 5 6 7}

<p>体力活动</p>	<ul style="list-style-type: none"> ● 步行 ● 太极或八段锦 ● 舞蹈或椅子舞 ● 运动或椅子运动 ● 坐式气球排球 ● 伸展运动 ● 草地滚球 ● 一起烹饪
<p>康乐活动</p>	<ul style="list-style-type: none"> ● 阅读 ● 绘画 ● 打麻将 ● 下棋 ● 拼图 ● 唱歌 ● 园艺 ● 怀旧 ● 宠物治疗 ● 写作
<p>网上活动/移动应用程序</p>	<ul style="list-style-type: none"> ● 认知健康游戏和应用程序 (例如网上拼图、填字游戏、麻将等) ● 观看网上视频 ● 在互联网上寻找新闻、资讯和个人兴趣 ● 发短信、电邮，或与亲友进行视频通话

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/>