

適合輕度認知障礙症患者的活動^{1 2 3 4 5 6 7}

體力活動	<ul style="list-style-type: none"> ● 步行 ● 太極或八段錦 ● 舞蹈或椅子舞 ● 運動或椅子運動 ● 坐式氣球排球 ● 伸展運動 ● 草地滾球 ● 一起烹飪
康樂活動	<ul style="list-style-type: none"> ● 閱讀 ● 繪畫 ● 打麻將 ● 下棋 ● 拼圖 ● 唱歌 ● 園藝 ● 緬懷 ● 寵物治療 ● 寫作
網上活動/手機應用程式	<ul style="list-style-type: none"> ● 認知健康遊戲和應用程式 (例如網上拼圖、填字遊戲、麻將等) ● 觀看網上影片 ● 在互聯網上尋找新聞、資訊和個人興趣 ● 發短信、電郵，或與親友進行視像通話

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/>