



## ROUTINES & ACTIVITIES FOR PEOPLE LIVING WITH DEMENTIA

COVID-19 is changing the way we live our lives. We need to find new ways to fill our days. A routine is a plan for how you will spend your day. It is very important for people who have dementia to have a routine because it makes them feel safe. Having things to do can help people with dementia feel less bored, sleep better, feel less nervous, wander less, and get less angry.

### STAY CONNECTED



- Just because you and the person with dementia have to stay at home does not mean you can't talk with family and friends. Go online or use your cell phone to do a video chat. You can even just pick up the phone and have a good old-fashioned call.
- Go for a walk in the neighborhood and wave to your neighbors. Remember to stay at least 6 feet away and wear masks.

### CREATE A NEW ROUTINE



- People with dementia feel safe when their day is filled with things to do. The more active you and the person with dementia can stay during the day, the fewer difficult behaviors you may face. It won't always be perfect, but do the best you can.
- Keep the person moving. Go for a walk together (staying at least 6 feet away from other people), dance, or find simple exercises on the internet.
- Ask the person to help you around the house. Make a meal together, ask them to fold towels, peel carrots, or organize old photos.
- It can be easy to just let the person with dementia watch television all day, nap all day, and eat junk food, but this will only cause more problems. Try to limit the news and naps during the day, and try to have healthy snacks around.

### OTHER IDEAS



- Play a board game or cards, watch a favorite movie, sing an old favorite song, paint, or read together.
- Create a memory box, which is a box full of things that the person with dementia used in a past hobby, for a job, or any memorable event.

To learn more about COVID-19, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)