



Activities for people with Dementia

It is universally recognized that elderly people with dementia lose their short term memory first and their long term memory last. For example, they often remember people and events from their earlier years, but have difficulty remembering what they ate for breakfast the day before.

“What do you do with someone who can no longer carry on a normal conversation?”

The short answer is “Relax and have fun.” The long answer would require writing a whole book. A short summary of some activities include the following:

1. Reminisce! Everything you do together lends itself to reminiscing. If the person can still speak fairly well, say, “Tell me about...” If his vocabulary is more limited, you may have to facilitate the story. “Do you remember when...” As you bake cookies together you can talk about residents’ favorite cookies, meals, etc.
2. Read aloud and use visual aids such as memory poems, family pictures, or stories about “the days gone by” stimulate reminiscences. Ideas include Chicken Soup for the Soul series and Yesterdays by NaDezan, and other short stories
3. Make music. Sing, hum, whistle, dance. Singing brings oxygen to the brain to help you think more clearly. Dancing exercises other parts of the body. Both increase your own sense of well-being as well as the well-being of the residents! Have music activities and entertainers visit. Choose the residents’ favorite cassettes.

4. Sensory stimulation activities could include the following:

- **Making lap quilts**
- **Painting**
- **Talking books**
- **Scrap books**
- **Walking!**
- **Flower arranging**
- **Tutoring, or visiting with children**
- **Baking**
- **Happy hour with non-alcoholic drinks**
- **Ice cream party**
- **Brushing & fixing a resident’s hair**
- **Manicures**
- **Ladies luncheons**
- **Building with wood (include sanding)**



Biography

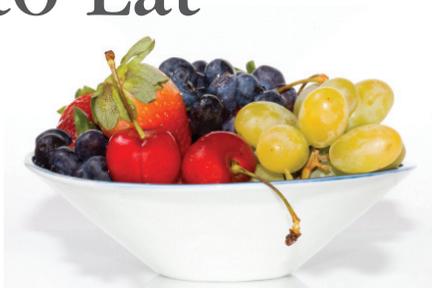


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Areti is the Manager of Pharmacy Operations at the Ottawa location. Areti completed her undergraduate studies at McGill University where she achieved a Bachelor of Science in Physiology. After completing her first degree, Areti was accepted into the Pharmacy program at the University of Toronto. Areti graduated in 2004 and then completed all of the licensing requirements from the Ontario College of Pharmacists. After graduation, Areti began her career as a staff pharmacist with Shoppers Drug Mart in Ottawa but spent the last two years successfully operating her own Shoppers Drug Mart store. Areti is a member of the Ontario Pharmacists’ Association, the Ottawa-Carleton Pharmacists Association and has completed the Obesity Certification Program. She is actively involved with the Hellenic Community of Ottawa and participates in various athletics programs. Areti is looking forward to the challenges and learning opportunities in her new role.

9 Ways to get Someone to Eat



A common nutritional problem that can affect care recipients in poor health is cachexia-anorexia and it especially involves those in advanced stages of Alzheimer's, Cancer and AIDS. Cachexia-anorexia is a syndrome in which progressive and involuntary weight loss occurs. The people with this disorder are "wasting-away" from the lack of vitamins and nutrients and as a caregiver; this can be a difficult and frustrating event to witness.

The syndrome can be attributed to cancer treatments, medications, physiological problems like an obstructing tumor in the gastrointestinal track or psychological problems like depression. It is also possible the person you are caring for has a loss of appetite simply from not feeling well. Caregiver.com has come up with a list of ways to help your care recipient eat. This list doesn't necessarily reflect the needs of care recipients on special needs diets such as diabetes or restricted salt intake diets. Remember to consult your physician about the specific dietary needs of your loved one.

- 1 Water, Water, Water.** Make sure the person you are caring for has plenty of water to avoid dehydration, which can lead to appetite suppression.
- 2 Keep it small.** Instead of three large meals a day, which can look overwhelming to someone in poor health, serve six small meals a day.
- 3 Bulk up** on the amount of calories per meal. For instance, you can add protein powder mix to shakes or drinks to increase calories.
- 4 Soft is better.** Serve soft foods such as pudding, ice cream or fruit smoothies because they can be tasty and easy to digest.
- 5 Make it tasty.** Don't serve bland or sour tasting foods.
- 6 Put the power in their hands.** When possible, give the person you are caring for the decision-making power to decide what they would like to eat; it helps them to feel in control.
- 7 Make it pretty.** Present appetizing looking meals by accenting the plate with a garnish (i.e. strawberry or melon). Also, make the dining experience pleasant for the person you are caring for by playing soft music or talking to them about the day's events while they are eating to take their minds off not feeling well.
- 8 Write it down.** Keep a food diary about the person you are caring for and include: what food they have problems or complications digesting and their daily food menus, and review it with their doctor or dietician for feedback. They may be experiencing digestive problems or irritable bowel syndrome due to their menu.
- 9 Work it out.** Try and get them moving to work up an appetite. If overall exercise such as walking isn't possible, have them fold the laundry or peel vegetables.

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