

Dementia Activities For Seniors



Seven Days, Seven Ways To Connect

One Week Of Easy, Proven
Activities For Every Stage Of Dementia

Published By:
Mellow Memory Books

About the Author

Mellow Memory Books was founded by a healthcare professional with nearly 20 years of experience supporting individuals living with dementia. We are committed to supporting both the individuals themselves and their caregivers through every stage of the journey.

We create tailor-made, dementia-friendly activity books that stimulate memory, boost mood, and strengthen motor skills through fun, engaging activities and exercises. These can be enjoyed independently or with a caregiver, offering meaningful opportunities to spend time together.

We also offer practical guides designed specifically for dementia caregivers—filled with proven strategies, compassionate insights, and supportive tools to help navigate each step of the dementia journey.

Through these resources, we aim to ease the burden of dementia care and provide guidance, comfort, and connection to those facing its many challenges.

Medical Disclaimer:

This book is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider with any questions regarding a medical condition. The author and publisher are not responsible for any actions taken based on the information presented in this book.

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Introduction

This book, *Seven Days, Seven Ways to Connect*, is a one-week guide featuring daily activities designed to gently engage people living with dementia. Whether you're a family member, friend, or care professional, these activities offer simple, thoughtful ways to connect and enjoy meaningful time together.

Each activity is easy to do and helps evoke happy memories, reduce agitation, and provide a sense of achievement. The activities are suitable for all stages of dementia and can be adapted to meet individual needs.

It's important to remember that what matters most is not doing each activity perfectly, but focusing on what brings joy to the person.

Understanding The Stages of Dementia

Dementia affects each person differently, but it generally progresses in stages. Understanding what to expect at each stage can help caregivers choose appropriate activities and provide the right support. Below is a simple overview of the early, middle, and late stages of dementia.

Early Stage: In the early stage of dementia, individuals may still live independently, though they may begin experiencing memory lapses, difficulty finding words, or challenges with planning and organizing. They may need occasional reminders and extra support with daily tasks. Activities that engage long-term memory, personal interests, and encourage meaningful conversation can be especially beneficial during this stage.

Middle Stage: As dementia advances to the moderate stage, memory loss and confusion become more pronounced. Individuals may struggle with daily tasks, recognizing familiar locations, or keeping track of time. Communication may become more difficult, and emotional responses may fluctuate. Activities that are hands-on, sensory-based, and structured—particularly those with visual or physical cues—can help sustain engagement and promote a sense of connection.

Late Stage: In the late stage of dementia, there is a marked decline in physical abilities, communication, and awareness of the environment. Individuals may require full assistance with daily care and may have limited speech. However, they can still respond to music, touch, familiar voices, and established routines. At this stage, activities are centered around offering comfort, fostering connection, and promoting a sense of calm.

Tips on Adapting Activities for Each Stage

Early-Stage

- Involve the person in planning or choosing the activity.
- Focus on conversation, reminiscing, and shared decision-making.
- Encourage independence - offer support only when needed.
- Use familiar objects, places, and routines to spark memory.

Middle Stage

- Keep instructions simple and step-by-step.
- Use visual aids or demonstrations instead of verbal explanations alone.
- Minimize distractions and noise to help with focus.
- Choose activities that use the senses—touch, smell, sound, and movement.
- Allow extra time and celebrate participation, not perfection.

Late-Stage

- Prioritize comfort and emotional connection over completing a task.
- Use music, soothing touch, and familiar voices to engage the senses.
- Keep activities brief and gentle—short moments can still be meaningful.
- Sit together quietly, hold hands, or share a calming routine.
- Watch for non-verbal signs of interest or enjoyment.

Introducing The Seven Activities

Below are the seven activities that we will focus on for the rest of the book. Each day, with its own theme—from music and creativity to nature and quiet reflection—offers a new opportunity to engage with those living with dementia.

- **Day 1:** Music & Memory
- **Day 2:** Hands-On Comfort
- **Day 3:** Picture Talk
- **Day 4:** Nature Moments
- **Day 5:** Creative Expression
- **Day 6:** Simple Routines Together
- **Day 7:** Reflective or Spiritual Time

Lets Begin!



Day 1

MUSIC AND MEMORY

THEME

Connect through familiar songs and sounds

WHAT TO DO

- Play a favorite song or genre from their past
- Hum or sing along together
- Gently sway, clap, or tap along with the beat

WHY IT MATTERS

Music taps into deep memory pathways and can awaken emotions, spark conversations, or bring calm.

SIMPLE TIPS

- Use a playlist with songs they loved in their teens or early adulthood
- Keep volume comfortable, not overstimulating
- Watch their reactions-smiles, tapping fingers, or calmness are good signs

TRY THIS

- **Morning:** Start the day with an uplifting tune
- **Afternoon:** Use relaxing music to reset during a time of restlessness
- **Evening:** Wind down with calming instrumental tracks

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask, 'Do you remember this song?' or 'Want to sing with me?'
- **Middle Stage:** Encourage movement-clapping, tapping, swaying
- **Late Stage:** Focus on gentle rhythms or instrumental music; observe their expressions or hand movements

CAREGIVER REFLECTION



Day 2

HANDS-ON COMFORT

THEME

Create calm through soothing, tactile experiences

WHAT TO DO

- Offer a soft towel to fold or a textured blanket to touch
- Give a gentle hand massage with lotion
- Explore a basket of simple, pleasant-feeling items (smooth stones, soft fabric, buttons, etc.)

WHY IT MATTERS

Tactile activities help soothe. They are especially helpful when words are hard to find or when anxiety or agitation appear.

SIMPLE TIPS

- Choose familiar, comforting textures
- Keep gestures slow and intentional
- Engage the senses: Use warm items, scented lotion and soft lighting

TRY THIS

- **Morning:** Warm a towel or use a comforting hand cream after breakfast
- **Afternoon:** Offer a tactile basket to explore
- **Evening:** Give a gentle hand massage before bed to promote relaxation

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask them to help fold or sort items
- **Middle Stage:** Use repetitive, soothing motions-like rolling a ball or feeling soft fabric
- **Late Stage:** Simply place a soft item in their hand and sit quietly with them

CAREGIVER REFLECTION



Day 3

PICTURE TALK

THEME

Spark stories and smiles through familiar images

WHAT TO DO

- Look through old photo albums, yearbooks, or family pictures
- Browse a magazine or picture book together
- Pause on each photo-smile, point, or gently ask about it

WHY IT MATTERS

Photos can unlock memories and emotions even when language is limited. This simple activity often brings connection, comfort, and laughter

SIMPLE TIPS

- Choose photos from their teens or young adult years
- Don't quiz-just observe and enjoy the moment
- Look for signs of recognition: smiles, gestures, or emotion

TRY THIS

- **Morning:** Flip through a few favorite family photos together
- **Afternoon:** Use a themed book (travel, nature, animals) to spark interest
- **Evening:** End the day by looking at a peaceful image and recalling a positive memory

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask, 'Who's this?' or 'What was happening here?'
- **Middle Stage:** Focus on reactions- 'This looks like a fun day, doesn't it?'
- **Late Stage:** Let them simply hold a photo, or describe it aloud to them

CAREGIVER REFLECTION



Day 4

NATURE MOMENTS

THEME

Soothe the senses with a little bit of the outdoors

WHAT TO DO

- Sit together outside or by an open window
- Watch birds, trees, or clouds
- Gently touch a leaf, flower, or herb
- Water a plant or tend a garden, if possible

WHY IT MATTERS

Nature provides calming sensory input-sight, sound, scent-and supports emotional regulation and peaceful moments of connection.

SIMPLE TIPS

- Use a comfortable chair and minimal distractions
- Focus on one sense at a time (e.g., breeze, birdsong, warmth)
- Even 5 minutes outside can make a difference

TRY THIS

- **Morning:** Enjoy coffee near a sunny window
- **Afternoon:** Listen to bird sounds or water a plant together
- **Evening:** Watch a sunset or look at sky photos indoors

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Invite conversation: 'What flowers do you like best?'
- **Middle Stage:** Focus on observing or touching plants
- **Late Stage:** Let them feel a leaf or just sit with them in silence

CAREGIVER REFLECTION



Day 5

CREATIVE JOY

THEME

Create space for nonverbal expression and joy

WHAT TO DO

- Offer coloring pages, watercolors, clay, or fabric scraps
- Encourage exploration, letting them move, create, or arrange freely
- Respond to their choices with genuine interest and curiosity, rather than offering corrections

WHY IT MATTERS

Art bypasses the need for words and taps into preserved abilities. It provides emotional expression, purpose, and connection.

SIMPLE TIPS

- Keep tools basic: large crayons, paintbrushes, or soft modeling clay
- Praise the effort, not the result
- Play calming music to support focus

TRY THIS

- **Morning:** Try simple nature-inspired crafts, like making leaf prints or arranging flowers
- **Afternoon:** Color together or sort fabric by feel or color
- **Evening:** Create a simple paper collage or enjoy art images

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask what colors they like or want to use
- **Middle Stage:** Encourage free drawing or coloring
- **Late Stage:** Focus on tactile experience-holding tools, feeling textures

CAREGIVER REFLECTION



Day 6

SIMPLE ROUTINES TOGETHER

THEME

Bring calm and purpose through everyday tasks

WHAT TO DO

- Involve them in setting the table, folding towels, or wiping the counter
- Break tasks into small steps
- Let them feel useful, not rushed

WHY IT MATTERS

Familiar routines create structure and a sense of purpose, even when memory or verbal skills decline.

SIMPLE TIPS

- Choose safe, low-pressure tasks
- Invite participation, but allow watching if that feels best
- Praise contributions-no matter how small

TRY THIS

- **Morning:** Fold washcloths or sort socks
- **Afternoon:** Help prepare a snack or organize a drawer
- **Evening:** Tidy up together or pack a small bag

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Offer light guidance and conversation
- **Middle Stage:** Focus on repetition and rhythm
- **Late Stage:** Let them hold or move an object-participation, not outcome, is the goal

CAREGIVER REFLECTION



Day 7

REFLECTIVE OR SPIRITUAL TIME

THEME

Foster peace, dignity, and emotional connection

WHAT TO DO

- Listen to a favorite hymn, prayer, or poem
- Light a candle (safely), hold hands, or sit in silence
- Read a short comforting Bible passage

WHY IT MATTERS

Spiritual and reflective moments can connect deeply to identity, past rituals, and inner calm—even when words are few.

SIMPLE TIPS

- Honor their background faith
- Keep it brief and gentle
- You don't need to speak—your presence is enough

TRY THIS

- **Morning:** Read a short prayer, affirmation, or poem
- **Afternoon:** Sit quietly with soft music or nature sounds
- **Evening:** Offer a moment of stillness and warmth

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Invite discussion or memories
- **Middle Stage:** Use repetitive phrases or familiar song
- **Late Stage:** Use soft tone, gentle touch, or humming

CAREGIVER REFLECTION

Conclusion

Thank you for taking the time to read this book. We hope it has been a valuable resource, offering support and guidance in your caregiving this week. Remember, this is just the beginning. Feel free to revisit the activities, adjust them as needed, and make them your own. Your care, patience, and presence make an incredible difference—more than you may realize. Keep moving forward, be gentle with yourself, and know that you are not alone on this journey.

With gratitude,

Mellow Memory Books

We'd Love to Hear Your Thoughts!

Thank you for purchasing *Dementia Activities for Seniors!*

We hope you and your loved one enjoyed the puzzles and exercises, and that *Seven Days, Seven Ways to Connect* offered fresh, creative ways to engage and connect.

If you found these books helpful, we'd really appreciate it if you could take a moment to leave a review by scanning the QR code. Your feedback not only helps us improve but also guides other caregivers in finding meaningful, supportive resources.



Thank You!