

# Activity Engagement for Persons with Dementia (PWD)

Engaging PWD with activities helps in **mental stimulation**, provides **distraction for behaviours** and **increases self-esteem** and **sense of achievement** for completed task.

It is **essential for caregivers** to provide supervision to PWD and assist them when necessary. The following tips will help create meaningful experiences for PWD during activities.



## Before Activity



- Identify skills and abilities that PWD is still capable of doing
- Relate the planned activity to their personhood e.g. past occupation and interests
- Conduct the activity when the PWD is most alert
- Create a conducive environment e.g. adequate lighting and limit noise level
- Use relevant aids as required e.g. spectacles, hearing aids and walking aids
- Address PWD's needs before starting the activity

## During Activity



- Provide simple step-by-step instructions
- Involve PWD in decision-making e.g. choosing which activity they prefer
- Avoid correcting or confronting PWD when they make mistakes
- Modify activity to suit PWD's ability
- Be mindful of PWD's limited attention span and activity tolerance level. Do not over-exert them.

## After Activity



- Praise and acknowledge their effort in the activity
- Showcase the completed end product if possible



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## Activity Category

## Mild Stage

## Moderate Stage

## Severe Stage

### Motor Skills

Choose items with  
contrasting colours

Make Origami e.g. fold  
paper into a boat



Sorting of beans or buttons



Hand massage using  
scented hand cream



### Life Experiences

Topics may include place of  
birth, family life, work  
experiences

Avoid topics that may bring  
unpleasant memories

Create a biography book on  
PWD's life story



Engage in conversations  
about PWD's experiences



Photo reminiscence



### Cognitive Games

Always start with the  
easiest level

Play simple Sudoku



Match identical cards



Sorting of colour sticks



### Leisure

Invite family members or  
friends to join in the  
activities

Play familiar songs and  
complete the lyrics  
Guess the singers or titles of  
the songs together



Gardening e.g. planting  
seeds, pruning and watering  
the plant



Take a stroll in the garden  
or a car ride to familiar  
places



### Household Related

Choose activities which are  
safe and have simple steps  
for PWD to follow

Plan a meal  
Discuss food recipes  
Pack or organise the  
cupboard



Assist in cooking preparation  
e.g. mix the ingredients  
Folding of clothes  
Sort containers according to  
their sizes or colours



Assist in cooking preparation  
e.g. washing vegetables  
while sitting at the table  
Stimulate sense of smell  
using herbs or spices by  
reminiscing the aroma

