

## Board games

Playing board games is something that can involve the whole family.

Some board games might be too hard for a person to play but there are ones you can play, like snakes and ladders or connect 4.

## Card games

Card games are fun and simple to understand.

Some card games may still be too hard but you can play simple ones like snap.

## Arts and crafts

There are many things you can do for arts and crafts activities.

For arts and crafts, you could do some colouring or even painting or if your family member enjoys it, some knitting.



A great idea would be to make a scrap book so that the person you make it with can look back on it and remember things easier.

Another activity that your family may enjoy is simply **talking** or **listening to music**, playing music they recognise can help them remember more things, you could even get up and dance around a little bit too!!

The important thing you need to remember is that your family member is still there and is not gone.

But you also have to be sure not to force anyone to do anything they don't want to do

They might not remember everything, but they will remember you and how you make them feel.

If you are worried about anything remember to ask your other family members and talk openly about your feelings.



Email: [understandingdementiare-sources@gmail.com](mailto:understandingdementiare-sources@gmail.com)

© Copyright Danielle Holland | 2025

# Understanding Dementia

## How we can help and connect



# Dementia

Dementia and Alzheimer's sound like big words but when we ask what they mean the answer is simple!!

What these two words mean is that a person has a problem inside their brain, we can't see it and it doesn't change who that person is, but there is still a problem there.

All this means is that a person sometimes has trouble remembering things sometimes, it doesn't mean all of their memory is gone.

It can be a scary thing to think about but we shouldn't worry because there are ways we can help!!

## Ask Questions!

When we don't fully understand something it is important to ask questions about what is confusing us.

If you're not understanding something about dementia you should always ask your family members.

It is important we help each other to help your family members.

Remember that not all questions can be answered!!



## How we can connect

### Facial expressions

People with dementia pay attention to expressions, like smiling or laughing

If you look happy, they will see you are happy and be happy with you.



### Sounds

When we are listening to people talking we sometimes make sounds or nod along to let a person know we are still having fun while talking. It is important to let a person with dementia know you are listening.

### Be patient

It is really important to keep patience and not get angry or annoyed at a person with dementia because sometimes they will say the same thing twice without knowing

### Have fun

People that have dementia like to do activities that make them happy. Figure out what they would like to do and do it with them!

## Activities

There are lots of activities and fun things that we can do with our relatives.

It is important to have fun and be happy with your family.

### Here are some things you can do at home

#### Baking and cooking

If your family likes to cook and make things, you could bake something like cake or cookies with them or cook a meal enjoyed by your family.

You can help out as much as you can and you might need to help your relative with some things too.

#### Gardening

Some people enjoy gardening but might not be able to do it as much because of their dementia.

This is something you can help them with, even if it's something small like watering plants.

#### Jigsaws

Jigsaws can be fun to do as long as they aren't too hard.

You can do a simple jigsaw with your family for a feel-good affect on everybody.

