

Laminate and Lead Activity Plans



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To improve your life enrichment programs and memory care , facilitate the

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The objective is to provide personally meaningful leisure opportunities that are interesting and stimulating that may provide engagement, comfort and alleviate or decrease distressing behavioral symptoms of an elder who may have cognitive decline.

These activity offerings should always be reviewed and determined as safe and appropriate by the care team and physician as required. At no time should any supply or activity be lead without approval from assigned care provider.

Disclaimer

Safety is always a very important first consideration. Working with your team be sure to determine which patient can safely participate in activities and most importantly if there is a medical reason that a resident is unsafe to participate in an activity they are provided a meaningful alternative. These have been provided as a good will gesture only as suggestions and to only be used as determined by medical care team and in no way can Rachelle Blough LTD be held responsible

Basic tips for facilitation 1-1 activity

Every activity has an opportunity for 3 powerful touch points for every patient in a 30minute program.

1. The person leading the program should introduce themselves, and say hello and use their name, tell them we are glad they are with us.
2. For each program the facilitator should attempt to call on the patient to contribute something that they can do successfully at their skill level.
3. At the completion of the program the facilitator should thank the patient for participating.

Name 10

Supplies needed: A dry erase board and marker if available for visual if not a piece of paper and a pen

Objective: To stimulate retrieval and groups of words and have fun

How to lead:

1. Let the group know we are going to try to work together to come up with 10 items on the list of prompts together and have fun
2. Examples of lists to be made could include
 - Name 10 things you find in a kitchen
 - Name 10 things you find in a garage
 - Name 10 things you take on a picnic
 - Name 10 things related to Christmas
 - Name 10 things related to Easter
 - Name 10 ingredients in a cake
 - Name 10 things that are white
 - Name 10 animals
 - Name 10 singers
 - Name 10 fruits
 - Name 10 vegetables

Foods that start with a “ A” , “B” , “C” ...etc

Supplies: A dry erase board and marker

How to lead:

1. Ask residents to begin to provide input on the topic and list answers
2. Begin with foods that start with the letter “A “ such as apple , asparagus, angel hair pasta, arugula etc. keep going until you run out and go to “B”
3. Discuss which letter you had the most words with

Things you would find

Supplies: Dry Erase Board, marker

Objective: Cognitive Stimulation

How to lead Welcome the residents and let them know we are going to exercise or “brain “ together

1. Things we would find in a woman’s purse
2. Things we would find in a garage
3. Things we would find in a kitchen
4. Things we would find in a baby’s bedroom
5. Things we would find in a classroom
6. Things we would find in an office
7. Things we would find in a hospital
8. Things we would find at Christmas time

Finish the phrase /discussion

Supplies: Dry Erase board, and marker

Objective: Cognitive Exercise

How to lead:

Read the phrases out loud and discuss what each one means....

Birds of a feather..... answer-flock together

Early birdanswer- catches the worm

The pot calling the kettle Answer – black

Every rose ... answer has it's thorn

Actions speak louder than – answer – WORDS

You are barking up the – answer Wrong tree

Can't judge a book – answer – By its cover

Costs an arm and – answer – LEG

Don't cry over spilled – answer- MILK

Don't count your chickens –answer before the hatch

Don't put all your eggs – answer – IN ONE BASKET

Hit the nail on the – answer – HEAD

It takes two to – answer TANGO

Let the cat out of the – answer BAG

Apple a day keeps the –answer Doctor away

When the cat's away – answer Mouse will play

Perfect Pairs

Supplies: Dry Erase Board, Marker

Objective: Cognitive Stimulation

How to lead:

1. Welcome the residents
2. Discuss that we are going to work our "brain" muscle and begin the pair and see if the group can provide the other word that would go with the pair

The list of paired words is:

Adam and Eve

life or death

back and forth

lock and key

bacon and eggs

lost and found

bed and breakfast

man and wife

birds and bees

name and address

black and white

nice and easy

body and soul

null and void

bread and butter

peaches and cream

bread and water

pen and pencil

bricks and mortar
pork and beans
bride and groom
pots and pans
business and pleasure
prim and proper
by and large
profit and/or loss
cause and effect
pros and cons
cloak and dagger
pure and simple
coat and tie
rain or shine
coffee and doughnuts
ranting and raving
cream and sugar
read and write
crime and punishment
right and/or wrong
cup and saucer
rise and fall
dead or alive
salt and pepper
down and out
shirt and tie
first and last
shoes and socks
fish and chips
short and fat
flesh and blood
signed and sealed
forgive and forget

slip and slide
front and center
soap and water
fun and games
sooner or later
give and take
stars and stripes
ham and eggs
suit and tie
hammer and nail
supply and demand
hemmed and hawed
sweet and sour
high and dry
tall and thin
high and low
thick and thin
hot and bothered
tossed and turned
huffing and puffing
touch and go
husband and wife
trial and error
in and out
trials and tribulations
Jack and Jill
up and/or down
knife and fork
wait and see
ladies and gentlemen
war and peace

Names we Know

Supplies: Dry erase board, marker, list of names

Objective: Cognitive Stimulation

How to lead:

1. Let the residents know we are going to work our “brain” muscle and call on names we know
Start the first part of the name and see if they can guess the last name:

Marylyn Answer: Monroe

Elizabeth Answer: Taylor

Doris Answer: Day

Lucille Answer: Ball

Elvis Answer: Presley

James Answer: Dean

Frank Answer: Sinatra

John Answer: Wayne

Dean Answer : Martin

Lawrence Answer: Welk

Martin Luther : Answer King

Richard : Answer : Nixon

Glenn Answer: Miller

Johnny Answer: Carson

Humphrey Answer: Bogart

Grace Answer: Kelly

Charlie Answer: Chaplin

Marlon Answer: Brando

Ingrid : Answer: Bergman

Katherine Answer : Hepburn

Rita Answer: Hayworth

Betty Answer: Davis

Judy Answer : Garland

Clark Answer: Gable

Joan Answer: Crawford

Fred Answer : Astaire

Names Galore...

Supplies: Dry erase board, marker

Objective: cognitive stimulation

How to lead:

1. Ask residents to help list names
2. Woman's names that start with A, B, C
3. Men's names that start with D, E, F , M

Who Am I

Supplies: nothing

Objective: Have fun and use cognitive skills

How to lead:

1. You will give 5 clues to try to have the person guess who this person is.

- a. I wear a red suit
- b. I wear a black belt and boots
- c. I have a white beard
- d. I drive a sleigh
- e. I have reindeer

Who am I? – SANTA CLAUSE

- a. I have a great singing voice
- b. They called me old blue eyes
- c. I was a part of the brat pack
- d. I sang New York , New York

Who am I? – Frank Sinatra

- a. I wear a badge
- b. I often carry a gun
- c. I help other people
- d. I drive a car with sirens on it
- e. I do this for a living and starts with the letter P

Who am I? – Police officer

- a. I wear a white coat
- b. I work in a hospital or office
- c. I help people when they are sick
- d. Another way to say it is MD
- e. I went to a lot of school to learn

Who am I? – A doctor

- a. I like to paint
- b. I like to draw
- c. I like to use paint brushes
- d. I like to use an easel
- e. I like to create beautiful pictures

Who am I? – I am an artist

- a. I write on a chalkboard
- b. I have help children learn
- c. I like to eat apples
- d. I make report cards
- e. I work at a school

Who am I? I am a teacher

- a. I wear a jersey
- b. I wear a lot of pads
- c. I wear a helmet
- d. I run on a long field
- e. The ball I carry starts with an "F"

Who am I? I am a football player

- a. I wear a hat
- b. I work in airplane
- c. I went to aviation school
- d. I keep planes in the air
- e. Traffic control helps me land my plane

Who am I? I am a pilot

- a. I wear a lot of equipment
 - b. I help put out fires
 - c. I ride on a truck with hoses
 - d. I often save and rescue people from burning buildings
 - e. My job starts with an "F"
- Who am I? A firefighter

- a. I work at a church
 - b. I lead a group of people
 - c. I say the sermon
 - d. I read the bible
 - e. I have a few titles
- Who am I? Pastor, minister, priest

- a. I like to cook
 - b. I use recipes
 - c. People eat my food
 - d. I charge for my food
 - e. I work in a restaurant
- Who am I? I am a chef

- a. I have floppy ears
- b. I deliver eggs
- c. I deliver baskets in April
- d. I am related to a holiday
- e. I am an animal

Who am I? The Easter bunny

Red or Black

Supplies needed: large print playing cards, pen and paper

Objective: a chance to feel successful and play an adapted card game

How to lead:

1. Place the cards face down on the table , mix them up
2. Take turns guessing red or black. Then turn over a card
3. If you get a guess right you get a point and a 2nd guess
4. The person with the most points wins

Let's Chat conversation group

Supplies: list of questions

Objective: Cognitive and emotional expression by sharing

How to lead:

1. Greet everyone and ask the questions to each person joining your group
2. Conversation starters are provided on the next page
3. If the question does not work try wording it in a different way
4. Provide input and examples about your life on the topic if you are willing to.
5. You can add having a cup of coffee to this as well.

Let's Chat...

Where did you grow up?

Did you have any brothers or sisters?

What is your middle name?

What is your favorite holiday?

Did you ever play an instrument?

What is your favorite childhood memory?

What type of child were you?

What do you miss about being a kid?

What was your favorite subject when you were in school?

What was your first job?

Have you ever been in love?

How did you meet your spouse?

Do you like to watch T.V? What shows?

Have you ever traveled? Where was your favorite place?

What is your favorite food?

What is the favorite dish your mom made for you?

Do you have a favorite song? If so what is it ? Will you sing it for me?

Do you have children? What are their names?

What is the best advice you ever received?

What is the most adventurous thing you have done in your life?

Tell me about your first car...

Do you like coffee? How do you take yours...

Do you speak any other languages ?

What is the best thing that ever happened to you in your lifetime?

What is your favorite season? Why?

Tell me about the house you grew up in....

Tell me about your parents...what were they like?

Would you rather

Supplies: other

Objective: self expression

How to lead:

1. Welcome everyone
2. Share with the group you are going to give choices and they will have to share their choice
3. Have discussion
4. You can adapt this by having people raise their hand or stand up for their choice to make this a physical program as well.

Would you rather....

Coke or Pepsi

Dog or Cat

Hamburger or hot dog

Walk or drive

Cook or clean

Dance or Sing

Read or write

Music or quite

Swim or tan

Bike or jog

Radio or quiet
Book or newspaper
Laundry or dishes
Teacher or doctor
Swim or float
Ocean or mountains
Cold or hot
Sweet or salty
Carrots or cucumbers
Coffee or tea
Soft or hard candy
Plane or train
Winter or summer
Hot or cold cereal
Chocolate or vanilla