



Weekly Activity Planner for people with dementia, families and carers

National
Dementia
Office

DSiDC
Dementia Services Information
and Development Centre



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dementia
understand together

Social distancing and cocooning measures introduced as a result of the outbreak of Covid-19 can be challenging for people with dementia, their families and carers. Many supports have been curtailed or stopped, people are at home for longer hours, family members who would not normally be at home may be present and routines have changed. A survey conducted by the Alzheimer Society of Ireland shows that Covid-19 is bringing loneliness, boredom and anxiety, and that there is an increased need for alternative supports.

This Weekly Activity Planner contains suggestions for a balanced plan of physical, cognitive and relaxing activities, to assist with creating new routines. Behind each suggestion is a link to a website with useful information on the specific activity, which you can access by clicking on the underlined word.

We hope this planner and sample websites will be useful. Please email dementia.office@hse.ie if you have any suggestions.

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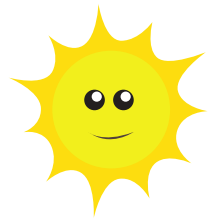


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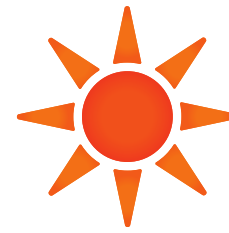
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Week 1

Morning



Afternoon



Evening



MONDAY

Household tasks

Exercises

Colouring

TUESDAY

Exercises

Looking at pictures

Listening to music

WEDNESDAY

Sorting and tidying

Gardening

"Topic of interest"

THURSDAY

Baking

Exercises

Cards

FRIDAY

Sing along

Laundry

Relaxation

SATURDAY

Board game

Dancing

Radio programme

SUNDAY

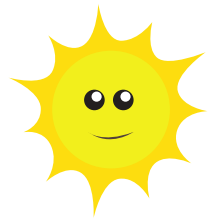
Cooking

Video /phone call

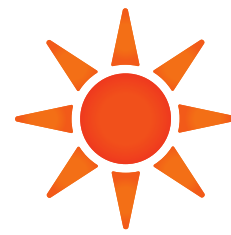
Creative activity

Week 2

Morning



Afternoon



Evening



MONDAY

Laundry

Exercises

Google maps trip

TUESDAY

Crafts

Word search

Reminiscence

WEDNESDAY

Sorting and folding

Writing

Hand massage

THURSDAY

Cooking

Exercises

Scrapbook making

FRIDAY

Music

Baking

Sorting

SATURDAY

Dancing

Gardening

Video/phone call

SUNDAY

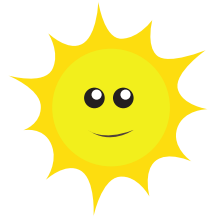
Watch videos

Observe nature

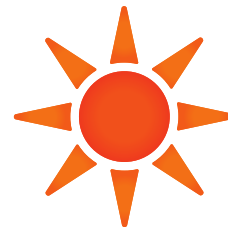
IFI old advertising

Week 3

Morning



Afternoon



Evening



MONDAY

Cooking

Simple ideas

Mindfulness

TUESDAY

Ironing/folding

Exercises

Video/phone call

WEDNESDAY

Crafts

D.I.Y.

Read/listen poetry.

THURSDAY

Baking

Gentle stretches

Colouring

FRIDAY

Newspaper reading

"Topic of interest"

Paper folding

SATURDAY

Reading/writing

Dancing

Virtual tour

SUNDAY

Games

Gardening

Listening to music

What to consider prior to starting

- Likes and dislikes of the person
- The person's life story
- Is the person usually more active in the morning or in the afternoon?
- Timing - choose it wisely. Some things can wait if the time is not right
- How the person is feeling that day. Be flexible and creative
- The weather conditions

- The ability of the person according to the stage of dementia. Follow this [link](#) for advice from the Alzheimer Society of Ireland
- Information on cooking and baking [here](#).
- Consider making a date with neighbours, friends or family to watch or listen to the same programme. This can then be a conversation topic over the garden fence or phone

- Exercise: the recommendation of the World Health Organization is 30 minutes a day, 5 days a week. Periods of 10 minutes suffice. Adapt these to the stage of dementia, from the very physically able to those for whom lifting the arms from seated position is plenty



What to consider during the activity.

- Monitor how the person is relating to the activity. If they are not happy or engaging, change the approach, try later or stop
- Don't be discouraged - the same activity on a different day may work
- It is not about the outcome, but about the process !

- Establishing a new routine takes time. Even planning one activity each day can be a joyful and meaningful way of engagement
- Have a second plan ready in case the first one doesn't work

- Be kind to yourself - trying is enough
- Activities do not need to last for a long time. 10 or 15 minutes may be enough. People with dementia tire quicker and find it difficult to concentrate



What to consider after the activity.

- If it didn't work out as you expected to, don't be discouraged – the same activity on a different day may work
- Ask yourself. What went well? What worked? What didn't? What would I do differently next time
- Ask the person. How did they feel? Would they want to do it again? Gauge not only from their words but from their posture, body language, if they enjoyed it or not

- Activities do not need to last for a long time. 10 or 15 minutes may be enough. People with dementia tire quicker and find it difficult to concentrate
- Make your own weekly schedule based on what has worked well for the person with dementia and yourself
- You can find a weekly schedule template in the following [link](#)

- Be kind to yourself – trying is enough
- If you find it difficult to keep going, look for support and advice, do not wait. Contact the Alzheimer's Society of Ireland on **1800 341 341** or email helpline@alzheimer.ie

