Activity Guide by Stages of Dementia



Activities	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Arts and crafts	V	V	V	V	V		
Board games	V	V	V	V	V		
Cooking/baking	V	V	V	V	V		
Current events	V	V	V	V	V		
Aroma Therapy	V	V	V	V	V	V	٧
ADL: Dressing	V	V	V	V	V	V	
ADL: Bathing	V	V	V	V			
ADL: Eating/drinking	V	V	V	V	V	V	
ADL: Grooming	V	V	V	V	V	V	٧
ADL: Toileting	V	V	V	V	V	V	
General exercise	V	V	V	V	V	V	
Fix/repair items	V	V	V	V	V		
Slot machines	V	V	V	V	V		
Gardening	V	٧	V	V	V		
Sitting Outside	V	٧	V	V	V	٧	٧
Ironing	V	٧	V	V			
Laundry	V	٧	V	V	V		
Light Housekeeping	V	V	V	٧	V	V	
Music: Listening	V	V	V	٧	V	V	V
Music: Playing	٧	V	V	٧	V	V	
Music:Singing	V	V	V	٧	V	٧	V
Parties: Attending	٧	V	V	٧	V	V	
Parties: Planning	V	V	V	٧	V		
Puzzles	٧	V	V	V	V		
Reading	٧	V	V	٧	V		
Read to resident						V	V
Religious	V	V	V	٧	V	٧	
Sewing	V	V	V	V	V		
Shopping	V	V	V	٧			
Pets	V	V	V	V	V	V	
Children	V	V	V	V	v	V	
Sports: participate	V	V	V	V	V	v	
Sports: watch	V	V	V	V	V		
Trivia	V	V	٧	٧	٧		
Reminiscing	V	٧	٧	٧	٧	٧	
Memory Books		٧	٧	٧	٧	٧	
Watching TV	V	٧	٧	٧	٧		
Writing	V	٧	٧	٧	٧		
Yardwork	V	٧	٧	٧	٧		
Make Jewelry	V	٧	٧	٧			
Deliver Mail	V	V	٧	٧			
Ball/Balloon Toss	v	v	V	V	v	v	

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