

Activity Guide by Stages of Dementia



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