

**Making Your Visits More Meaningful –
Activities You Can Do While You Visit
(this list can be shared with volunteers and family members to give them
constructive things to do while visiting)**

To be most successful, the activities you do should have meaning to the resident. Take into consideration their life-long interests and present interests. Incorporate these interests into your visits; you may have to modify them according to their present abilities.

Some ideas that are successful are:

Interactive reading – read a book, poetry, magazine aloud to them and ask questions/offer discussion.

Decorate their bulletin boards with them. Use a theme appropriate to their interests or can be changed seasonally. Some families decorate room doors.

Bring in seasonal items i.e. fresh flowers from your garden, seasonal treats i.e. strawberries, pussy willows, etc.

Reminisce about their past, things of importance to them i.e. Summer days of childhood, farming, family, one room school, etc. Talk about how things have changed over the years. Talk about the cost of things now compared to then.

Tour the home or grounds – sit out doors on patio areas, utilize the w/c accessible swing. If you feel real ambitious, walk them over to Dairy Queen for a treat.

Keep them informed about family events.

Do crosswords, jigsaw puzzles, trivia, cards, board games, etc. together. Supplies are in the activity cupboard by my office, just need to be returned after your done borrowing them.

Create a memory book or memory box with objects of significant meaning to the resident i.e. family, gardening, sewing, homemaker, tools, wood working, again this would be dependent upon the individuals interests.

Have a family photo album, including pictures of when they were children, married and other significant life events. Suggest scanning pictures and putting in those instead of family heirloom pictures which could be lost or destroyed accidentally. Memory books, memory boxes and photo albums help staff to have meaningful conversations with them as well, helps staff to know them better.

Look through catalogs; don't have to order, "window" shopping is fun too! Of course getting something new makes one feel special.

Share prayers, rosary or devotionals together.

Do primping/grooming; paint finger nails, fix hair or give a chair massage.

Plant a plant for the resident to care for in their room.

Have CD's/tapes and a boom box in their room for personal enjoyment.

Watch a video together, VCR's are on each of the units and in the activity room. Of course a movie wouldn't be complete without popcorn, pop some in the microwave in the coffee lounge to enjoy together.

Share jokes/humor.

Do a weather calendar together.

Help them write a simple autobiography.

Do a personal montage or museum together.
Help them write a life review.
Bring in familiar objects for them to see, hold and feel and discuss.
Sing with them.
Create a cheerful banner to hang in their room.
Create a personal calendar.

The options are limitless; this listing is just to get your creative juices flowing.

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