

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

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Hello!

Please find enclosed your *Activity Kit* created by the Public Education Team at the Alzheimer Society.

These activities are meant to be enjoyed by both you and the person living with dementia you are supporting. These activities are here to provide you the opportunity to have good moments together. The goal of these activities is to focus on the process of doing them together and not worry so much about finishing or “doing it right”. Not every activity may “work” on the first try, and if you find that the person living with dementia is not enjoying the activity, it’s alright to put it away to try at another time.

In this kit you will find the following:

- Trivia
- Adult Colouring Pages
- Matching Game
- Word Searches and Mazes
- Card Game
- Dot to Dot Puzzles
- Exercise Sheets

Also as part of the kit, we have included some information about the Finding Your Way Program in an effort to help keep the person you are supporting safe in your community. There are a great deal of resources that you can find at <http://findingyourwayontario.ca/resources/>

We have assembled a variety of different types of activities. Feel free to try them all. Sometimes even if the person living with dementia has never enjoyed an activity in the past, they may enjoy it now.

Having said that we would appreciate all the feedback you can offer about the *Activity Kit*. If you have a moment, please email Olivia at pechamilton@alzhh.ca. She will send you a secure and anonymous link where you will be asked to complete a feedback survey, it would take about 2 minutes of your time.

We hope this *Activity Kit* brings some fun and levity to your household. Please know that if you need support or wish to know of more online resources, the Alzheimer Society is still available for phone call support and inquiries.

Best Regards,

The Public Education Team