

FOSTERING CONNECTIONS THROUGH MEANINGFUL ACTIVITIES

The purpose of this worksheet is to help you identify activities that foster joy and creativity! There are no right or wrong answers to these questions, and know that your response to these questions may change as time goes on.

For those living with dementia:

- What is something you've always loved doing, even if you haven't done it in a while?

- What is an activity that you enjoy doing with others?

- What is an activity that you enjoy doing by yourself?

- Is there an activity that you've wanted to try? (ideas: painting, dancing, gardening, cooking/baking, etc.)

For those that are care partners and caregivers:

- Is there a hobby or a pastime that you enjoy but have since stopped doing?

- Why did you stop?

- Are you interested in restarting the activity in its entirety, or even just a part of it?

- What steps do you need to take to make it happen?

- When was the last time you lost track of time doing something you enjoyed? What activity was it?

- Is there an activity that you've wanted to try? (ideas: painting, dancing, gardening, cooking/baking, etc.)

For those that are care partners/caregivers in considering the person with dementia:

- What activities do you notice your family member or friend with dementia lights up doing, even if just for a moment?

- What past hobbies and interests could be adapted to their current abilities?

- Have you noticed unexpected sources of joy - like sitting in a sunny spot, folding laundry, watching someone crochet, or a song from a commercial? What can you glean from that moment?
