

Activities for people living with dementia



Staying active - both physically and socially - can help people living with dementia to feel happy and fulfilled in their day-to-day life.

Physical activity

For all of us, taking part in regular exercise can help improve our health, mood, concentration and quality of life.

Walking, gardening and even dancing can help people living with dementia both mentally and physically.

It's important to understand that physical conditions associated with ageing can limit a person's ability to take part in exercise, so getting advice from a doctor or occupational therapist is important.

However, even in the later stages of living with dementia, exercise is beneficial and most activities can be adapted to be suitable for people with physical problems.

Social activity

An active social life is also key to improving wellbeing for people living with dementia. Taking part in activities as part of a group can be a brilliant way to keep up social and cognitive skills with others, while also doing something enjoyable.

As well as sports and exercise, there are a wide variety of activities that someone with dementia can participate in. Games that stretch memory and skills, such as crosswords, jigsaw puzzles, cards and board games, are all good ways to keep alert and to encourage socialising. However, you may need to modify tasks if the person living with dementia is struggling.

Having a chat using photograph albums can also be of great benefit, helping the person to talk about memories that are meaningful to them.

