



A Best Friends Approach to Activities

The art of activities is not in what is done, it is in the doing.

Activities should be individualized and tap into past interests and skills.

Activities should be adult in nature.

Activities should recall a person's work-related past.

Activities should stimulate all five senses.

Doing nothing is actually doing something

Activities should tap into a person's remaining physical skills.

Activities must be initiated by others.

Activities should be voluntary.

Intergenerational activities are especially desirable.

Activities you think will never work sometimes do.

Personal care is an activity.

Activities can be short.

Activities are everywhere.

Activities should fulfill religious and spiritual needs.

*Source: The Best Friends Book of Alzheimer's Activities (Bell, Troxel, Cox & Hamon)
www.bestfriendsapproach.com*