

Meaningful Activities

Here's some activities that caregivers and care receivers can do at home.

Tips for Caregivers

Daily Caring Blog <https://dailycaring.com/>

Adventures of a Caregiver (caring for someone living with dementia)
<https://adventuresofacaregiver.com/top-dementia-caregiver-tips/>

General Activities (games, art, etc.)

Garden BINGO <https://caregiversmatter.org/Portals/1/Flower%20Bingo%20Upload.pdf>

Senior Trivia <https://www.suddenlysenior.com/best-senior-citizen-trivia/>

Activities for those living with dementia <https://training.mmlearn.org/caregiver-training-videos/topic/dementia-activities>

75 Stimulating Activities for those living with dementia <https://adventuresofacaregiver.com/75-stimulating-activities-for-alzheimers-dementia-patients/>

20 Practical Activities for People living with Alzheimer's Disease <https://www.goldencarers.com/20-practical-activities-for-people-living-with-alzheimers-disease/3778/>

Adult Coloring, word search, matching activities, puzzles & poetry
<https://keepingbusy.com/learning-center/downloadable-dementia-activities/>

Senior activities and tops for the social, mental and physical wellbeing of older adults
<https://mariasplace.com/>

Online Books

Search and borrow from OverDrive's huge catalogue of eBooks, audiobooks and videos
<https://www.overdrive.com/>

Museums

Met Museum <https://www.metmuseum.org/art/collection>

12 Famous Museums Virtual Tours <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Minneapolis Institute of Art Museum <https://collections.artsmia.org/>

Virtual Experiences

New England Aquarium <https://www.neaq.org/visit/at-home-events-and-activities>

The Hidden Worlds of the National Parks <https://artsandculture.withgoogle.com/en-us/national-parks-service>

Watch free nature livestreams and documentaries <https://explore.org>

Decorah eagles <https://www.raptorresource.org/birdcams/decorah-eagles/>

San Diego Zoo- live animal cams <https://zoo.sandiegozoo.org/live-cams>

PBS <https://www.pbs.org/wnet/nature/blog/what-to-stream-on-pbs-nature> includes the latest on Yosemite, history of the horse, the American Spring Series, Africa's Okavango Delta, volcanoes.

PBS Nature Videos- <https://www.pbs.org/wnet/nature/blog/parents-and-teachers/>

Nature Photos <https://www.nature.org/en-us/get-involved/how-to-help/photo-contest/2019-winners/>

Scenic Nature Videos- sign up for free <https://mariasplace.com/body-mind-activities/scenic-videos/>

Sunday Drive Videos- Order online at <http://www.sunday-drive.info/> or check out from the Family Caregivers Center's resource library. Call us if you are interested (319) 221-8866.

Video and Phone Conferencing

Facetime- iPhone https://www.youtube.com/watch?v=TXLZ-egtIe0&feature=emb_logo

Skype <https://support.skype.com/en/faq/FA11098/how-do-i-get-started-with-skype>

Zoom <https://zoom.us/freesignup/>

Exercise

Chair Yoga (33 min) <https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>

Chair Yoga, Beach Ball Toss, Giving a hand/foot massage and other exercises- sign up for free <https://mariasplace.com/body-mind-activities/exercise-massage/>

Meditation

Guided Meditations from Maria's Place <https://mariasplace.com/body-mind-activities/meditations/>

Social

Write a letter to a family member, friend, neighbor or stranger in a care center

If you would like us to write a note to your care receiver, please let us know.