Ideas for Home

Keys points to keep in mind

- The goal is for both of you to enjoy and engage in the time that you have together.
- Schedule and Routine – Type A and Type B personality
- Pay attention. Be a detective.
- Who are they? What is important to them? What do they need?
- Is there a need that is being unmet? (Food, thirst, safety, comfort, restroom, environment)
- What worked work one day might not work the next but then it might work again.
- Strive to do the least amount necessary for your person to be successful. (ex. silverware)
- Keep your expectations for yourself and your cared one light, easy and remember the objective.

Conversation - Reminiscing - Connecting

- A long list of questions - https://storycorps.org/participate/great-questions/
- Time slips (imagination not memory) - https://www.timeslips.org/resources/creativity-center
- Covia Well Connected - Attend activities via phone or computer including meditation, art, writing, reading, conversation, and much more https://covia.org/services/well-connected/
- Look at magazines – What do you think is happening here? Tell me more...
- Look through old picture albums – What is happening here? Tell me more…. There is no wrong answer
- Getty Images - View a large collection of images searchable by word, like “sunset” https://www.gettyimages.com/
- Arts and Culture- Visit a museum online! A great place to view images of art, museum collections, famous places, historical events - https://artsandculture.google.com/
- FactSlides - A trivia site https://www.factslides.com/
- History.com - Short articles about topics around the world. This Day in History. https://www.history.com/this-day-in-history
- Make a call to someone
- Look through cookbooks together – Talk about what you like to eat or cook or plan a menu
- Cut up magazine pictures to send to grandchildren
- Look at cherished items together
Ideas for Home

Creative – Spiritual – Soul nourishing

- Spend some time outside – Sitting on the porch, watching birds, counting trees, collecting leaves
- Arts and Culture- Visit a museum online!  [https://artsandculture.google.com/](https://artsandculture.google.com/)
- Pray out loud together – daily
- Cooking baking – smelling spices, taste testing
- Flower arranging – silk flowers
- Listen to a sermon or prayers online
  - [https://www.heartofthenation.org/online-mass/sunday-mass#](https://www.heartofthenation.org/online-mass/sunday-mass#)
  - [https://wooddale.org/live/](https://wooddale.org/live/)
- Music!
  - Make a song list together
  - Listen to the opera or some of a concert
  - Sing together
  - [https://singinghearttoheart.com/song-guides](https://singinghearttoheart.com/song-guides)

Chores

- Yard chores - Pick up sticks, Weed, Rake leaves
- Kitchen chores – Wash and dry dishes, sweep/vacuum, wash windows
- Reorganize and clean chores - the sock drawers, the linen cabinet, the pantry or a workbench

Games and Down time

- Puzzles to print – [https://www.puzzles-to-print.com/](https://www.puzzles-to-print.com/)
- Cards games – War, Black Jack, Go Fish or simply match up pairs
- Scrabble – Turn over the tiles – Spell words, abcd, efg, count letters
- Read a book out loud together
- Ask them to read to you
- Look at magazines
- Checkers
- Tic Tac Toe
- Go for a drive – plan together where to go or have them give you directions
Ideas for Home

- Live Cams
  - NASA Live - [https://www.nasa.gov/nasalive](https://www.nasa.gov/nasalive)
  - [http://www.aquariumofpacific.org/exhibits/webcams](http://www.aquariumofpacific.org/exhibits/webcams)
  - [https://www.vanaqua.org/learn/see-and-learn/live-cams](https://www.vanaqua.org/learn/see-and-learn/live-cams)
  - [Pier 39 Sea Lion webcam](https://www.pier39.com/sealions/)

Exercise Resources and Ideas

- Hit plastic golf balls in the yard
- Dance party - Music for Memory - [https://www.youtube.com/channel/UChJZ_JJq7-cL_bbsOU1ckCg](https://www.youtube.com/channel/UChJZ_JJq7-cL_bbsOU1ckCg)
- Walks
- Make up a exercise routine – Write down a list and follow it everyday
- Follow an exercise video
  - Senior exercises at home – You tube
    - [https://www.youtube.com/results?search_query=senior+exercises+at+home](https://www.youtube.com/results?search_query=senior+exercises+at+home)
  - Tai Chi - [https://www.youtube.com/watch?v=FEC357DTNnA](https://www.youtube.com/watch?v=FEC357DTNnA)
    - [https://www.youtube.com/channel/UC71A1FouZukPAYbrb3yEJig](https://www.youtube.com/channel/UC71A1FouZukPAYbrb3yEJig)

Sample Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Wake up</td>
</tr>
<tr>
<td>7:30 am</td>
<td>Get ready for the day</td>
</tr>
<tr>
<td></td>
<td>• Wash up</td>
</tr>
<tr>
<td></td>
<td>• Dress</td>
</tr>
<tr>
<td></td>
<td>• Eat</td>
</tr>
<tr>
<td></td>
<td>Morning Stretch and Exercise</td>
</tr>
<tr>
<td></td>
<td>Breath of Fresh Air</td>
</tr>
<tr>
<td></td>
<td>• Sit on porch</td>
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<tr>
<td></td>
<td>• Short Walk</td>
</tr>
<tr>
<td><strong>Ideas for Home</strong></td>
<td></td>
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<tr>
<td>-------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Chores</strong></td>
<td></td>
</tr>
<tr>
<td>• Clean out linen closet</td>
<td></td>
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<tr>
<td>• Sweep the desk</td>
<td></td>
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<tr>
<td><strong>Bathroom Break</strong></td>
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<tr>
<td><strong>Connect</strong></td>
<td></td>
</tr>
<tr>
<td>• Call a family member or friend</td>
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<tr>
<td><strong>Down time</strong></td>
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<tr>
<td>• Reading aloud</td>
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<tr>
<td><strong>12:00 pm</strong></td>
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<tr>
<td>Lunch</td>
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<tr>
<td><strong>Nap – TV</strong></td>
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<tr>
<td><strong>Afternoon Stretch and Exercise</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Mental Exercise</strong></td>
<td></td>
</tr>
<tr>
<td>• This Day in History</td>
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</tr>
<tr>
<td>• Stories from Family Album</td>
<td></td>
</tr>
<tr>
<td><strong>Arts</strong></td>
<td></td>
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<tr>
<td>• Set up still life</td>
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<tr>
<td>• Museum virtual tour</td>
<td></td>
</tr>
<tr>
<td><strong>Game</strong></td>
<td></td>
</tr>
<tr>
<td>• Cards</td>
<td></td>
</tr>
</tbody>
</table>

**Elizabeth Williams**

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