



## MountainCare

CARING FOR OUR WNC NEIGHBORS

## 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.factslices.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



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### Creative – Spiritual – Soul nourishing

- Spend some time outside – Sitting on the porch, watching birds, counting trees, collecting leaves
- Art! - Drawing, painting, modeling clay, set up a still life, coloring pages – <https://www.free-mandalas.net/> <https://mymodernmet.com/free-coloring-pages-color-our-collections/>
- Arts and Culture- Visit a museum online! <https://artsandculture.google.com/>
  - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- 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://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>

### 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/>
- Cards games – War, Black Jack, Go Fish or simply match up pairs
- Scrabble – Turn over the tiles – Spell words, abcdefg, 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



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- Live Cams
  - NASA Live - <https://www.nasa.gov/nasalive>
  - <http://www.africam.com/wildlife/>
  - <http://www.aquariumofpacific.org/exhibits/webcams>
  - <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\\_bbs0U1CkCg](https://www.youtube.com/channel/UChJZ_JJq7-cL_bbs0U1CkCg)
- 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/channel/UC71A1FouZukPAYBrb3yEJig>

### Sample Schedule

7:00 am	Wake up	
7:30 am	Get ready for the day <ul style="list-style-type: none"> <li>• Wash up</li> <li>• Dress</li> <li>• Eat</li> </ul>	
	Morning Stretch and Exercise	
	Breath of Fresh Air <ul style="list-style-type: none"> <li>• Sit on porch</li> <li>• Short Walk</li> </ul>	



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	Chores <ul style="list-style-type: none"><li>• Clean out linen closet</li><li>• Sweep the desk</li></ul>	
	Bathroom Break	
	Connect <ul style="list-style-type: none"><li>• Call a family member or friend</li></ul>	
	Down time <ul style="list-style-type: none"><li>• Reading aloud</li></ul>	
12:00 pm	Lunch	
	Nap – TV	
	Afternoon Stretch and Exercise	
	Mental Exercise <ul style="list-style-type: none"><li>• This Day in History</li><li>• Stories from Family Album</li></ul>	
	Arts <ul style="list-style-type: none"><li>• Set up still life</li><li>• Museum virtual tour</li></ul>	
	Game <ul style="list-style-type: none"><li>• Cards</li></ul>	

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