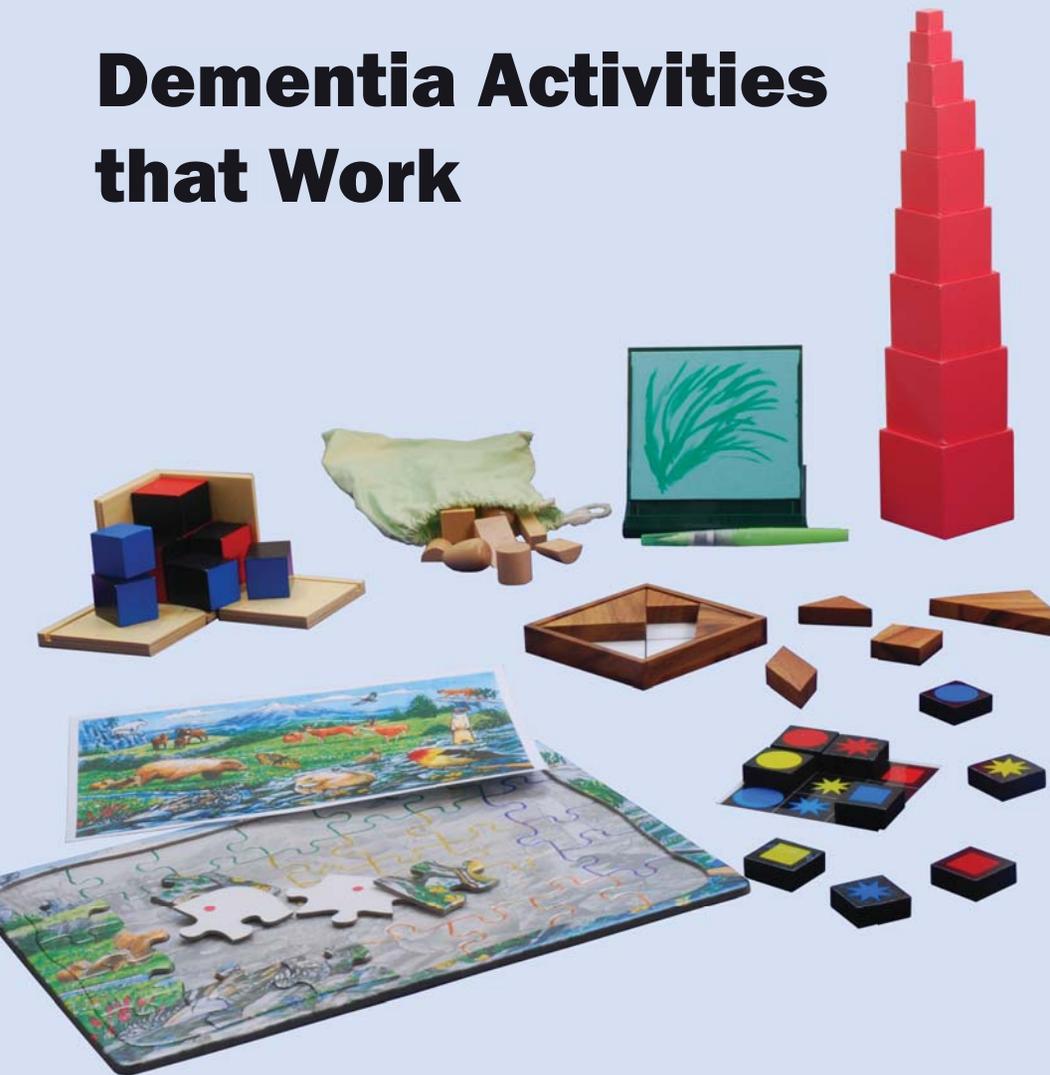


# Dementia Activities that Work



Products designed to engage people with dementia in meaningful activity

# Why Choose Keeping Busy?

As a professional in the dementia care field, you're always on the lookout for ways to help your clients. It can be challenging to find materials and activities that have been designed to engage people with dementia in a meaningful way. You can make some activities yourself, but that **takes time that you may not have.**

We can help.

We don't just sell products for people with dementia, **we design, create and use them.** All of our products are designed around Montessori principles for dementia which include using familiar materials, offering cueing and assistive techniques to enable success, and being "error-free" with no right or wrong answer, no winners or losers.

## Products designed to engage people with dementia in meaningful activity...

- ✓ Designed specifically for people with dementia - age appropriate, not childish
- ✓ Templates, colour coding and sequencing help the person be successful
- ✓ Activity challenge can be adjusted to match the abilities of each resident
- ✓ Large selection of activities to engage individuals and small groups of dementia patients
- ✓ Fully tested and proven successful with people at various stages of dementia in facilities across the country
- ✓ Easy to present with little setup time required
- ✓ Come in convenient packages making it easy to have the activities available and accessible
- ✓ Designed following Montessori principles for dementia which have proven to be highly effective



Studies show that by engaging people with dementia in meaningful activity, responsive behaviors are reduced and quality of life improves.

Our products are designed to help you do just that.

We offer a wide variety of activities, making it easy for you to meet the **needs, interests, skills and abilities** of a broad range of dementia patients. Each product comes with detailed instructions describing how to present the activity to residents of varying abilities and how to adjust the level of challenge according to their response.

Each of our products is relatively inexpensive, priced between \$15 and \$40 with most products around \$20. Our Activity Collections make it easy to purchase a group of activities that are complimentary and cover a broad range of needs and therapeutic benefits, while offering a substantial savings over the cost of the individual activities.

Please visit our website at [keepingbusy.com](http://keepingbusy.com) for the latest product information and pricing. While you're there, check out our **Learning Centre** for informative articles about dementia and dementia activities as well as free downloadable resources and activities.



“ I'm Donna Ray and I founded Keeping Busy for one purpose and one purpose only - to help find ways to allow people with dementia to live fuller and more meaningful lives.

Through my years of working with people with dementia I have seen many different approaches to their care, some more successful than others. The one approach that was the most effective, offered the clearest benefits and brought out the most looks of sheer joy and satisfaction from the clients was the Montessori approach.

The products that we offer have been designed specifically for people with dementia based on the Montessori principles. They are free of unnecessary markings to avoid distraction, they are adult activities and not childish. Each activity comes with comprehensive instructions detailing how to introduce the activity, and how to adjust its use to match each person's abilities.

We're here to help answer your questions and help you get the best results from our products. There's nothing we like more than to talk about dementia care.

Donna

# Sequenced Jigsaw Puzzles

Jigsaw puzzles can be excellent activities for someone with dementia. In addition to the cognitive challenge, they provide a multitude of benefits including exercising visual perception and fine motor control, and practising project completion and patience.

They can also be overwhelming.

Our unique Sequenced Puzzles **break the process down into steps that are manageable**, based on the abilities of the person. The pieces are colour coded and presorted into separate bags. The tray and/or templates are colour coded to match. By offering the person only as many pieces as they can readily manage, they are not overwhelmed and can enjoy the process of putting the puzzle together. When they're finished, they can sort the pieces back into the colour coded bags and be satisfied with a job well done.



“*The total package of these puzzles is perfect for Alzheimer’s patients. The sequencing of the tray and marking of the packages of the pieces takes the frustration out of completing the puzzle. The instruction sheets are clear and the laminated picture of the puzzle perfect for following the picture.*

— C. W., Recreation Director

## Sequencing for Success

- Pieces are colour coded and presorted into matching bags
- Puzzle trays/templates are colour coded to cue correct placement
- Only as many pieces as can be readily managed are presented at a time - this can be increased or decreased as the person’s abilities change
- Many puzzles include a “Key Guide” to help lead a discussion about the puzzle image



## 35 Piece

These puzzles are the mainstay of our Sequenced Jigsaw Puzzles and the **best starting point**.

- ▶ Colour coded tray with a grey image of the puzzle and the outline of each piece helps cue the person to the correct placement of the pieces
- ▶ Laminated “Key Guide” with most puzzles helps lead a lively discussion about the finished puzzle
- ▶ 15 different images to choose from, making it easy have several available so that there is something of interest for almost anyone
- ▶ Finished puzzle measures 14” x 10”, pieces are about 2” x 2”



## 60 Piece

Our 60 piece Sequenced Jigsaw Puzzles make an excellent individual or **small group activity**.

- ▶ More challenging than 35 piece puzzles, not only because there are more pieces but also because there is no backing tray
- ▶ Four templates for the inside pieces assist in the placement of the pieces
- ▶ In a group activity, each person can work on one section of the puzzle, putting it all together when the sections are complete.
- ▶ Finished puzzle measures 19” x 12 1/2”, pieces are about 2 1/4” by 2 1/4”



## 24 Piece Adult Colouring

These puzzles combine the cognitive challenge of completing the puzzle with the creative benefits of colouring it once the puzzle has been put together.

- ▶ Less challenging than our other Sequenced Puzzles
- ▶ Colour template and colour-coded sequencing guide the person to success.
- ▶ Includes colouring sheet for the puzzle that can be copied and used as a colouring activity
- ▶ Finished puzzle measures 10” x 13”, pieces are about 2 1/2” x 2 1/2”.
- ▶ **Ideal for different levels of ability** because the colouring aspect takes the emphasis off completing the puzzle on their own



Many people do word puzzles as a fun and challenging pastime and they are an ideal activity for someone with dementia. Our word puzzles are designed to allow a person with dementia to continue to enjoy and benefit from them even if they seem to have lost interest in “regular” puzzles.



The puzzles are designed for adults. They are not childish but they **remove some of the complexity** that can cause confusion for someone with dementia. The print is large and easy to read. Where appropriate, guidance and “cueing” is offered to help the person with dementia be successful.

## Word Search Puzzles for Dementia

Word search puzzles are a great activity for people with dementia, however, even puzzles in the large print books can become too challenging.

- ▶ Our word search puzzles are specially designed to enable someone with dementia to be successful
- ▶ The puzzles are challenging, but simplified in that no words run right to left, diagonally or bottom to top
- ▶ The words are familiar and the print is large and easy to read
- ▶ There are **three levels of difficulty** and a variety of topics allowing you to find the puzzles that the person can do on their own



## Sequenced Crossword Puzzles

Our unique Sequenced Crossword Puzzles for dementia are a great way to **help the person be successful** and regain the pride and satisfaction of completing the puzzle on their own.

- ▶ Large, easy to read print
- ▶ Smaller 9 x 9 character grid with word length limited to 3, 4 or 5 characters
- ▶ In addition to the standard across and down clue list, the package includes several guides and cueing options to tailor the presentation of the puzzle to enable the person to be successful
- ▶ Available in Small Group Edition with large size grid for easy viewing by the group



Our Matching Puzzles and Games for dementia are designed to engage the person in a fun activity while providing an excellent way to **exercise cognitive abilities** and maintain dexterity. They allow the person to create a sense of order which is very satisfying, while using their motor skills to manipulate the pieces into place. Once the person is familiar with the pieces, some of the activities offer the additional challenge of playing a game.

We offer a variety of choices to meet the needs, interests, skills and abilities of all your dementia patients. Here are some of our more popular choices...



### Match the Chips

Uses high quality poker chips in a variety of matching and sorting activities



### Match the Shapes

Match the colourful tiles to the templates, one group at a time



### Match the Dots

The familiar sound and feel of domino tiles make this a fun and popular activity

“ *Match the Shapes is great for visual observation, patterning, problem solving and fine motor control. It is a fabulous activity for dementia patients.*

— E.H., Occupational Therapist



### Match the Suits

Using Jumbo Index playing cards, this activity capitalizes on a popular pastime



### Match the Photos

These vibrantly coloured cards and templates are interesting and lead to great conversation



### Match the Pins

Colourful, durable clothespins offer cognitive challenge and help with fine motor strength

“ *The Word Searches are wonderful! They came in a lovely well-organized file folder, beautifully laminated and very clean and easy to read*

— C.Q., Recreation Programmer

In addition to our Matching and Sorting Games, we offer a variety of fun and challenging games that are **designed specifically for people with dementia**. They can be used individually, with a family member or volunteer or as a small group program with two to six residents. Here are some favorites.

“*Expressions is one of the best purchases we have made. The residents love it and are very successful at it.*”  
 — D.S., Activity Coordinator



### Expressions Game

Common expressions missing a word elicit automatic responses from almost everyone



### Expressions Bingo

Turn the Expressions Game into a fun and different type of bingo - ideal for groups of 4 to 6 residents



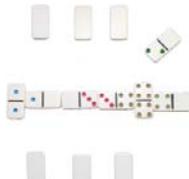
### Rhyming Expressions

Find the rhyming answers to the clues, and then find some more - a fun and challenging word game



### Add 'Em Up Dice

A fun and challenging game that exercises both math and reasoning skills, as well as maintaining dexterity



### Match the Dots

After using the templates to become reacquainted with the familiar dominoes, play a variety of fun games



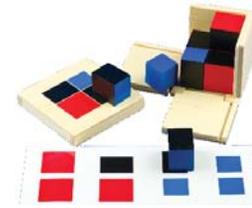
### TRIO

This game uses a special deck of 27 cards to play a challenging matching game

“*We have residents who have always liked reading and language and Rhyming Expressions gives them just enough challenge to keep them interested. The rhymes are fun and lead to great conversation. Excellent activity!*”  
 — S.T., Recreation Director

While all of the activities that we offer are based on Montessori principles, these Traditional Montessori activities for dementia are based on the original materials developed by Dr. Montessori more than 100 years ago.

Research shows that these traditional Montessori activities **stimulate the neuropathways**, allowing people to retain their abilities longer, and have fun doing it. In addition to the cognitive challenge, these manipulatives offer sensory benefits as well.



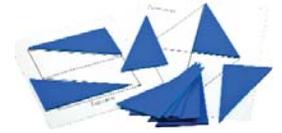
### Binomial Cube

People love the challenge and fun matching the sizes and colours of the blocks - a great cognitive exercise



### Mystery Bag

This unique activity offers a connection between seeing an object and feeling its shape - very stimulating



### Blue Triangles

Similar to a jigsaw puzzle but without the same constraints, - encourages creativity while exercising cognitive ability

“*I have been pleased with the response of residents to the Montessori materials. Some find the smooth surfaces pleasing to the touch and spend their time stroking or holding the pieces.*”  
 — A.E., Life Enrichment Coordinator



### Number Rods

Comparing and sorting the lengths provides an exercise in logic - the sections on each rod can be used for counting



### Pink Tower

A fun and challenging way to explore differences in size, using the templates and building shapes



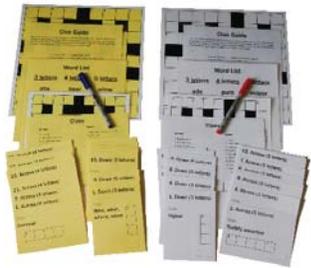
### Brown Stairs

Used either alone or together with the Pink Tower, these offer similar benefits and are easier to hold and manipulate

“*Love the Number Rods activity - it helps patients think, sort, follow directions and have success - great product.*”  
 — V.T., Recreation Programmer

One of the best and easiest ways to engage your dementia patients in meaningful activity is to introduce regular small group activities into your monthly calendar.

These group activities are **easy to present in half an hour or less**, with little preparation or setup. Simply walk onto the dementia unit, ask any of the residents in the common area if they would like to participate and start the fun. Here are some of the possibilities...



### Sequenced Crossword Small Group Edition

Two complete Sequenced Crosswords, including large size grids that can be wall hung for easy visibility by the group



### Making Waves

Many facilities have large 12' or 20' parachutes, but they are generally not suited for dementia patients. Our 6' Making Waves set is easy to handle and doesn't need a lot of space. Ideal for 3 to 6 residents

“ Since we introduced Small Group Programming in our memory care unit we are able to engage more dementia patients on a regular basis and can really see the difference that it makes.

— H.R., Activities Director



### Target Toss

Simple, fun and engaging - a fast and easy way to involve 2 to 6 residents in an active program that encourages movement and exercise while having fun



### Expressions Bingo

A fun and fast-paced bingo game using common expressions such as “Hip, hip, \_\_\_\_\_” as the cues. Figure out the answer and cover the word on your card - a quick and easy program to run!

## Dementia Readers

It is not unusual for a person with dementia to stop reading newspapers, magazines and books, but that doesn't mean that they have to stop reading as a pastime. The “Carry On Reading” dementia books have been **carefully designed to allow someone with dementia to continue reading** by using large print and a readable font, one-sided printing, cues to help turn the pages, and a clean design with few distractions.



Dementia reading groups for two to six residents can be a highly successful and popular program. There are a wide variety of subjects to choose from to match the reader to the interests of the person.

## Pocket Packs

There's only so much that one person, or even one department, can do to engage residents with dementia. It really helps if **everyone is involved** - front line staff, support staff, volunteers and family.

Our Pocket Pack activities for dementia are designed to make it easy to do just that.

They fit in your pocket and can be quickly used anytime a staff member or volunteer has a moment and sees a resident that could use engagement. Simple and easy.



## Activity Collections

Our Activity Collections are groups of activities that have been carefully selected to provide a range of benefits, appeal to a variety of interests and provide varied challenges for people at different stages of dementia.

They make it easy to purchase a **group of activities that are complimentary** and cover a broad range of needs, while offering a substantial savings over the cost of the individual activities.



“ Keeping Busy has created excellent activities and resources that are perfectly aligned with the DementiaAbility Methods: The Montessori Way. Their activities support the DementiaAbility Philosophy that aims to enrich and engage people with dementia, and other forms of cognitive loss, while also enhancing self-esteem through activities that achieve successful outcomes.

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Visit our website at  
**keepingbusy.com**

to see our full line of engaging dementia products

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