Daily activities for people living with Alzheimer’s disease tend to change as the disease progresses. Alzheimer’s tends to limit concentration and cause difficulties in following directions. These factors can turn simple activities into daily challenges. Individuals with Alzheimer’s often don’t start or plan activities on their own. When they do, they may have trouble organizing and carrying out the activity. Many caregivers state that the individual often sits in one area of the room, paces the floor, or searches for familiar objects with little interest in doing the things that had once brought meaning and pleasure to life.

By using a variety of activities matched to the person’s abilities, the caregiver can help the family member enjoy his current level of skill and talent, as well as retain his sense of positive self-esteem. Here are 101 ideas to help pass the time throughout the year.

1. Clip coupons. 27. Remember famous people. 53. Read aloud from labels. 79. Identify states and capitols.
2. Count tickets. 28. Wipe off the patio furniture. 54. Sing favorite hymns. 80. Read out loud.
4. Bake cookies. 30. Have afternoon tea. 56. Make a fresh fruit salad. 82. Bake homemade bread.
8. Wipe off the table. 34. Make homemade ice cream. 60. Ask simple questions. 86. Make a family tree poster.
11. Wash silverware. 37. Fold towels. 63. Feed the ducks. 89. Make a May basket.
12. Make a Valentine collage. 38. Take a walk. 64. Give a manicure. 90. Cut out paper dolls.
15. Roll yarn into a ball. 41. Weed the flower bed. 67. Make a birthday cake. 93. Make a cherry pie.
17. Take care of a fish tank. 43. Sort poker chips. 69. Sing Christmas carols. 95. Paint a sheet.
18. Decorate paper place mats. 44. Make homemade lemonade. 70. Finish famous sayings. 96. Fold clothes.
23. Make homemade applesauce. 49. Write a letter to a family member. 75. Reminisce about a favorite summer. 101. Cut up used paper for scratch paper.
24. Reminisce about the first day of school. 50. Read Reader’s Digest out loud. 76. Look at pictures in National Geographic.
25. String Cheerios to hang outside for the birds. 51. Straighten underwear drawers. 77. Trace leaves and cut them out.
26. Sort objects such as beads by shape or color. 52. Say, “Tell me more” when they start talking about a memory. 78. Ask a friend, neighbor, or church acquaintance with a baby to visit.

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