

# Free Printable Activity Sheet for Dementia Patients

Simple games and activity ideas for family caregivers in Plano and beyond

This printable guide offers simple, low-pressure games to play for dementia patients at home or during family visits. The goal is not to complete every activity perfectly. The goal is to create calm moments of connection through familiar music, photos, objects, movement, and conversation.

Use this sheet as a flexible planning tool. Choose one activity at a time, keep it short, and adjust based on your loved one’s mood, energy, and comfort level.

### Caregiver reminder

Activities should feel supportive, not like a test. If your loved one seems tired, confused, or frustrated, pause the activity, simplify it, or switch to something familiar such as music, photos, or quiet conversation.

## How to Choose an Activity

- Start with something familiar, such as a favorite song, family photo, color, object, or simple routine.
- Offer one clear choice at a time instead of several options at once.
- Keep sessions short. Five to fifteen minutes can be enough.
- Focus on comfort, participation, and connection rather than accuracy.
- Repeat activities that feel reassuring. Repetition can be helpful and calming.

## Quick Activity Chooser

| If your loved one seems... | Try this type of activity | Simple example                                                |
|----------------------------|---------------------------|---------------------------------------------------------------|
| Quiet or tired             | Comfort activity          | Listen to a familiar song or look through a photo album       |
| Restless                   | Gentle movement           | Softball toss, folding towels, or a short walk in a calm area |
| Interested in talking      | Conversation prompt       | Ask about a favorite meal, holiday, song, or family tradition |
| Focused but calm           | Sorting or matching       | Sort buttons by color or match large, clear picture cards     |

## Simple Games and Activity Ideas

Choose ideas that match the person's current abilities and interests. You can adapt each game by reducing the number of pieces, slowing the pace, or changing the activity to a familiar topic.

| Activity type      | What to do                                                                                                      | Why it may help                                        | Caregiver tip                                              |
|--------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------|
| Picture matching   | Use printed family photos, nature pictures, or familiar objects and ask your loved one to match similar images. | Supports recognition and gentle conversation.          | Use large, clear images and limit the number of cards.     |
| Music guessing     | Play a short clip from a familiar song and invite your loved one to hum, tap, or share what it reminds them of. | Familiar music can support mood and connection.        | Choose songs from earlier life stages or family favorites. |
| Color sorting      | Sort buttons, fabric squares, socks, or craft items by color or shape.                                          | Simple repetition may feel calming and purposeful.     | Avoid small items if swallowing or safety is a concern.    |
| Simple puzzle      | Use large-piece puzzles or a familiar photo puzzle with fewer pieces.                                           | Offers gentle mental engagement without complex rules. | Start with a few pieces and celebrate participation.       |
| Conversation cards | Ask one slow, kind question at a time, such as favorite foods, pets, holidays, or places.                       | Can support social connection during visits.           | Do not correct details. Follow the feeling of the memory.  |
| Softball toss      | Gently toss a soft ball or balloon back and forth while seated.                                                 | Encourages light movement and shared attention.        | Keep the pace slow and stop before fatigue appears.        |

## Printable Conversation Prompts

- What song do you remember enjoying when you were younger?
- What meal or dessert reminds you of home?
- Did your family have a favorite holiday tradition?
- What kind of flowers, pets, or outdoor places do you like?
- What color, picture, or object on the table feels familiar?

## Safety and comfort note

Avoid activities with sharp tools, small objects, confusing instructions, loud background noise, or pressure to remember. If your loved one has sudden changes in behavior, distress, or safety concerns, speak with a qualified healthcare professional.

## Weekly Dementia Activity Planner

Use this simple planner to rotate familiar activities throughout the week. Repeating an activity is fine if it feels comforting.

| Day       | Activity idea | Best time of day | Notes about mood or comfort |
|-----------|---------------|------------------|-----------------------------|
| Monday    |               |                  |                             |
| Tuesday   |               |                  |                             |
| Wednesday |               |                  |                             |
| Thursday  |               |                  |                             |
| Friday    |               |                  |                             |
| Saturday  |               |                  |                             |
| Sunday    |               |                  |                             |

## When Families May Need More Support

Simple activities can support connection, but some families eventually need more daily structure, hands-on support, or memory-focused routines. If you are comparing options, Our Cottage offers Assisted Living, Memory Care, and Respite Care in Plano, Texas, in a home-like setting.

Helpful next steps: take the [Care Assessment](#) to think through current care needs, learn about [Care Services](#), explore [Floor Plans and Pricing](#), or [Schedule a Tour](#) to see Our Cottage in person.

### Want to see how residents with dementia can stay meaningfully engaged every day?

Visit Our Cottage to see a comfortable, supportive environment built around daily living support, wellness, nutrition, outdoor spaces, and meaningful connection. [Schedule a Tour](#) or [Contact Our Cottage](#) to talk through next steps.

Our Cottage locations in Plano include Ambrosia Lane, Aylesbury Lane, and Diane Dr. Services include Assisted Living, Memory Care, and Respite Care.