



Activities to Do With Your Patient

- Read aloud from books, newspapers and magazines
- Help your patient write or type a letter or send greeting cards to people...
- Bring the musical instrument you play for your patient's own private concert...
- Sing...hum...whistle together...
- Listen to music together...
- Wind yarn together for a knitting project ...
- Bring along your sewing basket...button box...toolkit...to organize together...
- Build a bird feeder or house to hang outside your patient's window...
- Bring along a bird book and see how many different types of birds drop by...
- Create a terrarium to enjoy with very little care needed...
- Play card, table, and board games – lifelong favorites and new ones...
- Toss cards into a hat, pitch pennies, shoot marbles, play jacks...
- Do crossword puzzles together... or on your own to see whom can finish first...
- Tell jokes to one another...bring along a joke book if either of you need help...
- Bring along a favorite recipe book to explore together or to plan a meal...
- Bring things to stimulate the sense of smell – spices, perfume...
- Bring different textured fabrics to touch – silk, wool, denim, corduroy, velvet...
- Keep a mutual journal of the interesting discussions you have during your visits...
- Take a walk together outside when weather permits...sit on the porch or patio...
- Watch television together and talk about the programs...
- Play along with television game shows...or host your own versions...
- Keep track of favorite sports teams, or place a friendly wager on the next game...
- Rent a video tape and bring along an old favorite movie or musical...
- Ask your patient to share changing memories of the community over the years...
- Make a list of all your patient's favorites – food, movie stars, songs, teachers...
- Watch the seasons change out the window together...
- Bring items related to the season or upcoming holiday to enjoy and talk about...
- Celebrate the holidays together with special parties for two...
- Brush, comb, or style your patient's hair...
- Give your patient a manicure or pedicure...
- Give your patient a gentle massage with lotion to keep skin soft...
- Sit and hold your patient's hand and lend a good listening ear...
- Give your patient a hug each time you arrive and each time you say good-bye...