

Activities to Enjoy With Someone Who Has Alzheimer's or Dementia

Spending time with a family member or friend in the middle or late stages of Alzheimer's can be meaningful and fun, and it's something that children, parents and grandparents can do together. Take your cue from the person living with dementia: What do they like to do? What are they able to do? What are they in the mood for today? And always consider safety before starting an activity.

It doesn't matter if the activity needs to be done or if it is done well. Even activities that seem like tasks or chores — sweeping or putting away silverware — may bring a comforting sense of familiarity or routine. If it doesn't work, you can always try something else. Browse this list of activities to do with someone living with Alzheimer's or another dementia.

- [Outdoor activities](#)
- [Indoor activities](#)
- [Family and holiday traditions](#)



Outdoor activities

- Take a walk
- Plant flowers
- Water plants
- Feed the birds
- Rake leaves
- Go to the park
- Sit on a bench or a swing
- Watch dogs at a dog park
- Play catch or toss a ball
- Play cornhole
- Visit a beach or forest preserve
- Sweep the porch or patio
- Set up a picnic on the lawn or in the backyard
- Sit on the porch and drink coffee, hot chocolate or lemonade