Meaningful and Purposeful Activity

For people with Dementia

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Find the Individual

- Despite dementia they are still the same person
- A life story should have information about a person
- Maintaining personal identity

Build a picture of the whole person

This is Rita – 85 Year Old widow with Dementia. She enjoyed an independent outdoor lifestyle until recently.

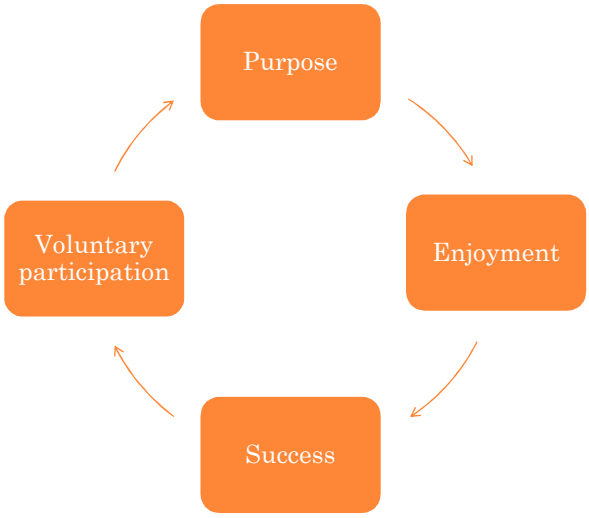
Prepare for meaningful activity

- Prepare the environment
- Prepare a number of activities

- Opportunities & Demonstrate

- Engagement

A MEANINGFUL ACTIVITY



Enhance the interaction

- Relate
- Motivate
- Appreciate

Mental stimulation

- Providing activities that engage the brain
- Smelling quiz

A DAY IN THE LIFE OF RITA A RESIDENT IN ST. LUKE'S

PHYSICAL DESIGN FOR SUCCESSFUL MEANINGFUL AND PURPOSEFUL ACTIVITY

- Activity kitchens
- Work areas
- Outdoor spaces
- Rummaging
- Fix it shed
- Art areas
- Faith

Residents enjoying activities

- I would like to share some images of meaningful activities in St. Luke's Home

Thank you