

For family Carers:

1-2-1 Things to Do with your relative at home during Covid-19



The following list offers a wide variety of suggestions of ways to spent time with your relative. Sometimes when a person is very physically unwell or has advanced dementia, it can be hard to find things which can engage their interest and being at home without visitors can make that even more difficult. However, there might be something new in this list which would be worth trying.

- Sort out photos of family & friends - from days gone by or recent snaps
- Create a photo album, frame photos or make a photo collage
- Create a 'Talking' photo album with buttons to record and then press which explain the photograph - purchasable online
- Make a special scrapbook or a memory box of significant objects based on personal life history
- Write or record an autobiography/biography
- Share favourite stories and memories
- Dig out old holiday snaps, souvenirs, postcards, even maps and tales of your journey
- Read newspapers & magazines aloud to keep your relative in touch
- Jointly look at magazines with large colourful pictures and invite opinions and comments on the contents whether it is fashion preferences or political views
- Subscribe to your relative's hometown newspaper and have it delivered or download it for interest
- Read religious (where appropriate) or inspirational articles, magazines or books together - a 'thought for the day' or 'hope for the week'
- Read letters from family and friends together
- Write letters and cards to family and friends together
- Ask family and friends to send recorded greetings
- Create a collage poster with pictures and words cut from magazines
- Read articles related to the season or next holiday to talk about
- Have an indoor picnic or lunch in the garden
- Enjoy a favourite drink or food
- If you play an instrument offer to do a private concert
- Try teaching simple tunes on an instrument
- Sing or hum together
- Play 'name that tune' with CDs, YouTube or music on the radio
- Create a favourite playlist and listen to music together
- Play simple charades - e.g. miming an action to guess what it is
- Wind wool together for a knitting project
- Try drawing or painting together - use the many adult colouring books
- Make simple gifts for others
- Organize the sewing basket, button box, socks drawer or toolbox together - sort in sizes and colours
- Make a bird feeder or house to hang outside or repaint the one you already have
- Read a book on bird watching
- Do the mending while you chat - watching is an activity too!

- Brush, comb or style relative's hair – give a simple head massage at the same time
- Offer a pamper with make-up, perfume, aftershave or manicure
- Plan a garden make over and look through a seed catalogue
- Plant and look after an indoor windowsill garden
- Create a terrarium (tabletop garden arrangement) together
- Play word games and trivia together
- Play cards or table board games together
- Do crosswords together or do yours out loud – listening is an activity too
- Do jigsaws together even if the person can only watch or pick up the pieces
- Watch television together and discuss the programme you have seen
- Keep up with the Soaps and discuss the dilemmas
- Watch an old favourite movie or musical together
- Hold your own tournament or competition and keep a running tally of the scores. Think about quoits, skittles, quizzes, Nintendo Wi etc.
- Create a story from a picture e.g. looking at a photograph or piece of art and imagining what is happening; who the people are, what they are doing or thinking etc.
- Have a session of 'retail therapy' and do some shopping online
- Choose recipes to cook together or talk about and share favourites
- Share a treat together
- Give a gentle hand massage using aromatherapy scented oils or hand cream
- Use items to stimulate the sense of smell- spices, perfume or flowers
- Use different textured fabrics to touch- silk, cashmere, velvet etc:
- Watch film footage of a recent holiday
- Watch home movies made with a camcorder or your phone
- Use YouTube or the internet to play favourite film clips, comedy sketches, musicians or amusing clips of children, animals etc.
- Groom a pet
- Start a collection or hobby that you both enjoy
- Do simple exercises together – use music and actions like "Play the violin, put the washing on the line." to make them fun
- Read a chapter of a novel, a short story or a few poems
- Write poetry or a short story together
- Look at and listen to an old-fashioned music box
- Make a "joy box"(decorated shoe box) filled with fun and favourite things
- Discuss seasonal changes looking out of the window
- Keep a "window diary" of interesting things that happen outside
- Keep a journal of interesting discussions and upcoming events
- Make a pot pourri together and hang it up
- Tell jokes to one another, dig out a joke book to keep it going
- Help with writing letters to family and friends
- Take photos to send to friends and family electronically
- Sit in the garden
- Make items for charity
- Celebrate holidays or festivals in the home or outside when possible
- Keep a track of favourite sports events or teams
- Learn a new word or words using a dictionary
- Play along with TV game shows or develop your own
- Dance, or tap your feet, to your relatives favourite dance music
- Look at a travel book or brochure & dream about a fantasy holiday

- Use small rhythm instruments to make your own music
- Read your star sign forecasts in a daily paper and talk about it
- Play noughts and crosses or similar games
- Talk about local landmarks and how the community has changed – use ‘Google Maps’ or similar to seek out places of interest
- Make lists of your relatives’ favourite foods, films, movie stars, music etc;
- Talk about what you would do if you won the lottery
- Design and make your own Christmas and holiday cards to send
- Toss cards or other items into a hat or a box
- Hold your relative’s hand and be a good listener – sometimes less is more
- Try your hand at drawing each other portraits when possible
- With closed eyes see if your relative can guess different flavours you supply
- Talk about, recite or play nursery rhymes and songs from childhood
- Give hugs and affection

For more information about NAPA, National Activity Providers Association please contact 020 7078 9375, e mail info@napa-activities.co.uk or visit www.napa-activities.co.uk