

Things to do with your family member who is in a care facility

- Visit, sit and talk with the person, ask how they are and tell them how you are and don't give advice.
- Bring friends and family members to visit. Don't forget children or old friends of the resident.
- Visit another resident together.
- Take on outings: go for a walk, out shopping or for a snack. If your family member does not feel well enough for a long outing you can visit out of doors at the facility.
- Attend a scheduled activity program together.
- Do personal care: give a manicure, a massage, do their hair. Any activity that includes touch is very important and beneficial.
- Take your family member to meetings. He or she may have belonged to community organizations or religious groups.
- Bring simple work that needs doing. Work on Christmas cards along with the resident.
- Watch a T.V. show together.
- Bring photographs and letters to read together. Either old familiar ones or recent ones.
- Play games: card, word or other games.
- Exercise: the nurses or therapists may be able to suggest simple exercises such as making circles with arms, legs and head.
- Reading: read the newspaper, poetry, short stories or a novel in serial form if appropriate.
- Ask questions: ask your family member something you have always wanted to know about him or her. You may want to tape some of these memories as part of a family history.
- Decorate: change or add things to the physical environment. Bring things that are orienting such as clocks, calendars, or stimulating such as a radio, T.V. or paintings and pictures. Change things around. A room can get monotonous and we all need a change of scenery.

25 Things to Do While Visiting Your Older Adult

1. Talk about what you both have been up to since your last visit.
2. Bring photos of family and friends from days gone by or recent snapshots.
3. Create a photo album, framed photograph collection or poster to hang up.
4. Make a special scrapbook celebrating your older adult's lifetime
5. Write or tape your older adult's autobiography – give copies to the family.
6. Share your favorite stories and memories.
7. Bring vacation photos, souvenirs, postcards, maps and tales of your travels.
8. Read newspapers and magazines aloud to keep your older adult "in touch."
9. Look at magazines that have a lot of large colorful pictures.
10. Read religious or inspirational articles, magazines or books.
11. Subscribe to your older adult's hometown newspaper and bring it along.
12. Read letters from family and friends.
13. Listen to messages from family or friends recorded on a cassette tape.
14. Bring videotaped greetings from family and friends.
15. Help your older adult write letters/cards to people.
16. Find a pen pal and help your older adult correspond with his new friend.
17. Create a poster or mobile from pictures cut from magazines.
18. Teach your older adult to play a simple instrument.
19. Bring things related to the season or upcoming holiday to do and talk about.
20. Enjoy a cup of favorite beverage that you've brought in your thermos.
21. Bring a musical instrument you play and give your older adult a private concert.
22. Sing, hum or whistle together.
23. Have an indoor picnic with your older adult's favorite picnic foods.
24. Play "Name That Tune" with records, tapes or music on the radio.
25. Listen to music.