

## DEMENTIA CARE TIPS DURING THE COVID-19 PANDEMIC

### Appendix 2: Home-Based Activities For Persons With Dementia – Online Resources

The following is a list of suggested activities to engage persons with dementia at home.

Note: Persons with dementia often need our encouragement and supportive presence. To ensure a safe and engaging environment for your loved ones with dementia, please do provide the appropriate supervision and guidance.

Contents:

Physical Activities – Pages 12 to 15

Cognitive Stimulating Activities – Page 16 to 17

Recreational Activities – Pages 18 to 21

PHYSICAL ACTIVITIES	REMARKS
<p><b>Alzheimer’s Disease Association’s “Stay Home Workout”</b></p> <p><b>Description:</b> Follow the seated exercises shown by ADA’s New Horizon Centre staff, accompanied by old familiar songs as background music.</p> <p><b>Website Link:</b> <a href="https://www.youtube.com/watch?v=iTfnfW7XmxY">https://www.youtube.com/watch?v=iTfnfW7XmxY</a> <a href="https://www.youtube.com/watch?v=V7-loHx2uR4">https://www.youtube.com/watch?v=V7-loHx2uR4</a></p>	<p>Equipment required: Sturdy chair</p> <p>Good sitting balance is recommended to perform these exercises. For seniors with fair sitting balance, supervision and guidance are required.</p>
<p><b>Standing Exercises</b></p> <p><b>Description:</b> Standing exercises by SportSG</p> <p><b>Website Link:</b> <a href="https://m.youtube.com/watch?v=2NVJOZ87BFg">https://m.youtube.com/watch?v=2NVJOZ87BFg</a> <a href="https://m.youtube.com/watch?v=rhjsIJ7pJWM">https://m.youtube.com/watch?v=rhjsIJ7pJWM</a> <a href="https://m.youtube.com/watch?v=QAtwvPAEGRU">https://m.youtube.com/watch?v=QAtwvPAEGRU</a></p>	<p>Suitable for persons with mild to moderate dementia who:</p> <ul style="list-style-type: none"> <li>• Can move on own or with walking sticks</li> <li>• Can follow simple instructions and have good balancing skills</li> </ul> <p>Helps to improve balance and stability of upper and lower muscles. Supervision is needed for seniors with fair standing balance</p>

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<p><b>Seated Exercises</b></p> <p><b>Description:</b> Seated exercises by SportSG</p> <p><b>Website Link:</b> <a href="https://m.youtube.com/watch?v=mnwr3Rw4TZ4">https://m.youtube.com/watch?v=mnwr3Rw4TZ4</a> <a href="https://m.youtube.com/watch?v=eQCJ7hBWG4w">https://m.youtube.com/watch?v=eQCJ7hBWG4w</a></p>	<p>Appropriate for persons with mild to moderate dementia who:</p> <ul style="list-style-type: none"> <li>• Have fair sitting balance</li> <li>• Can follow simple instructions</li> </ul> <p>Helps to improve upper body muscle coordination and endurance</p>
<p><b>7 Easy Exercises for an Active Lifestyle</b> (available in 4 languages)</p> <p><b>Description:</b> Seated and standing exercises by Health Promotion Board</p> <p><b>Website Link:</b> English: <a href="https://www.youtube.com/watch?v=4UCkKDIXYk4">https://www.youtube.com/watch?v=4UCkKDIXYk4</a> Mandarin: <a href="https://www.youtube.com/watch?v=1Z_VH-uGKIM">https://www.youtube.com/watch?v=1Z_VH-uGKIM</a> Malay: <a href="https://www.youtube.com/watch?v=P_UQdfd0jmE">https://www.youtube.com/watch?v=P_UQdfd0jmE</a> Tamil: <a href="https://www.youtube.com/watch?v=XDWzcpmAxRU">https://www.youtube.com/watch?v=XDWzcpmAxRU</a></p>	<p>Suitable for persons with mild dementia who:</p> <ul style="list-style-type: none"> <li>• Can follow simple instructions</li> <li>• Can move on own or with walking sticks or quad sticks</li> <li>• Have good sitting balance</li> </ul> <p>The exercises can be adapted for frail seniors. Supervision is needed for seniors with fair standing balance.</p> <p>It is recommended for family members to do together with the person with dementia.</p>

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<p><b>You Can Get Moving</b> (available in 4 languages)</p> <p><b>Description:</b> Seated exercises by Health Promotion Board</p> <p><b>Website Link:</b> English: <a href="https://www.youtube.com/watch?v=fLLHEtRbJ8M">https://www.youtube.com/watch?v=fLLHEtRbJ8M</a> Mandarin: <a href="https://www.youtube.com/watch?v=JWhBc_BPxi4">https://www.youtube.com/watch?v=JWhBc_BPxi4</a> Malay: <a href="https://www.youtube.com/watch?v=A09luCRzZQw">https://www.youtube.com/watch?v=A09luCRzZQw</a> Tamil: <a href="https://www.youtube.com/watch?v=Uoz5yzGAyFk">https://www.youtube.com/watch?v=Uoz5yzGAyFk</a></p>	<p>Suitable for persons with mild to moderate dementia who have difficulty standing. Good sitting balance is necessary to perform these exercises.</p> <p>Prompting is necessary for persons with dementia who have difficulty following the instructions in the video.</p> <p>Family members can encourage the person with dementia to do these exercises by doing it together with him/her.</p>
<p><b>General Exercise for the Elderly</b></p> <p><b>Description:</b> Seated and standing exercises by Khoo Teck Puat Hospital</p> <p><b>Website Link:</b> <a href="https://www.youtube.com/watch?v=NvweN5VszIE">https://www.youtube.com/watch?v=NvweN5VszIE</a></p>	<p>Highly recommended for persons with dementia who are able to follow simple instructions and have good standing balance.</p> <p>For persons with dementia who are fairly mobile, do the exercises with a high-back sturdy chair with arm-rests. Supervision may be necessary during exercises that require balancing.</p>

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<p><b>Strengthening Exercises for the Elderly (with Theraband) – Upper Body</b></p> <p><b>Description:</b> Seated exercises (Upper Body) by Singapore General Hospital. This is an elderly exercise programme conducted by a physiotherapist. It features various exercises for the upper body. The exercises aim to improve balance and flexibility, and to enhance muscle mass.</p> <p><b>Website Link:</b> <a href="https://www.youtube.com/watch?v=lr5hQvakCww">https://www.youtube.com/watch?v=lr5hQvakCww</a></p>	<p>Seniors should have good sitting balance.</p> <p>Equipment required: Sturdy Chair and Resistant Band</p> <p>These exercises are not recommended for persons with dementia to do alone. Support from the caregiver is necessary for the person with dementia to perform the exercises. Instructions may be too technical and not easy for persons with dementia to follow.</p>
<p><b>Strengthening Exercises for the Elderly (with Theraband) – Lower Limbs</b></p> <p><b>Description:</b> Seated and standing exercises (Lower Limbs) by Singapore General Hospital. This is an elderly exercise programme conducted by a physiotherapist. It features various exercises for the lower body. The exercises aim to improve balance and flexibility, and to enhance muscle mass.</p> <p><b>Website Link:</b> <a href="https://www.youtube.com/watch?v=JCQ3IfaIVPo">https://www.youtube.com/watch?v=JCQ3IfaIVPo</a></p>	<p>Seniors who can move on their own or with walking sticks or quad sticks. Seniors should have good sitting balance.</p> <p>Equipment required: Sturdy Chair and Resistant Band</p> <p>These exercises are not recommended for persons with dementia to do alone. Support from the caregiver is necessary for the person with dementia to perform the exercises. Instructions may be too technical and not easy for persons with dementia to follow.</p>

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COGNITIVE STIMULATING ACTIVITIES	REMARKS
<p><b>Word Search</b></p> <p><b>Description:</b> Large print word search puzzles</p> <p><b>Website Link:</b> <a href="http://www.qets.com/large-print_puzzles/puzzles_word-search.htm">http://www.qets.com/large-print_puzzles/puzzles_word-search.htm</a></p>	<p>The puzzles need to be printed out. Large font size that caters to elderly. Helps to promote cognitive stimulation.</p> <p>Suitable for persons with dementia who are familiar with the word search activity.</p>
<p><b>Sudoku</b></p> <p><b>Description:</b> A logic-based number-placement puzzle</p> <p><b>Website Link:</b> <a href="https://www.puzzles.ca/sudoku/">https://www.puzzles.ca/sudoku/</a></p>	<p>Free printable large print with solutions. More suited for persons with mild dementia and who are familiar with Sudoku puzzles.</p> <p>The difficulty levels can be adjusted accordingly.</p>
<p><b>Conversation Starter Kit for Seniors, Series 2: Lifestyle</b></p> <p><b>Description:</b> A conversation-starter toolkit published by the National Council of Social Services</p> <p><b>Website Link:</b> <a href="https://www.ncss.gov.sg/NCSS/media/NCSS-Publications/Pdfdocument/toolkit_series2_lifestyle.pdf">https://www.ncss.gov.sg/NCSS/media/NCSS-Publications/Pdfdocument/toolkit_series2_lifestyle.pdf</a></p>	<p>A highly recommended reminiscence activity. Requires a caregiver to interact with the person with dementia.</p> <p>Conversations will be guided by pictures of old items and questions. Fantastic activity to get family members to get to know the past experiences of the seniors.</p> <p>Appropriate for persons with mild to moderate dementia.</p>

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<p><b>Reading Materials Catered to Seniors</b></p> <p><b>Description:</b> Numerous nostalgic articles for seniors compiled by Council for Third Age, C3A</p> <p><b>Website Link:</b> <a href="http://www.c3a.org.sg/Learning_search.do?learn=learn&amp;id=10&amp;offset=1">http://www.c3a.org.sg/Learning_search.do?learn=learn&amp;id=10&amp;offset=1</a></p>	<p>More suited for persons with mild dementia who are English-literate and have keen interest in Singapore's history.</p>
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RECREATIONAL ACTIVITIES	REMARKS
<p><b>Alzheimer's Disease Association's Memories Café – Virtual Sing-along</b></p> <p><b>Description:</b> Memories Café is a community-based programme held every Saturday at different cafes/restaurants located in Singapore. It focuses on the use of performing arts to engage persons with dementia and their caregivers.</p> <p><b>Website Link:</b>  <b>[Singing with SN Volunteers - Mandarin, Dialects]</b>  <a href="https://www.youtube.com/watch?v=vrPpYwPX6WY">https://www.youtube.com/watch?v=vrPpYwPX6WY</a>  <a href="https://www.youtube.com/watch?v=9H9WPlpmq5I">https://www.youtube.com/watch?v=9H9WPlpmq5I</a></p> <p><b>[Singing with Goldies Jukebox - Mandarin]</b>  <a href="https://www.youtube.com/watch?v=Ghyn2wQi6WQ">https://www.youtube.com/watch?v=Ghyn2wQi6WQ</a></p> <p><b>[Movement with Yeong Wei]</b>  <a href="https://www.youtube.com/watch?v=08Lh1vECC90">https://www.youtube.com/watch?v=08Lh1vECC90</a></p> <p><b>[Singing with Neil Chan – English]</b>  <a href="https://www.youtube.com/watch?v=2VGXEIZizUo">https://www.youtube.com/watch?v=2VGXEIZizUo</a></p> <p><b>[Singing with FUNN – English &amp; Mandarin]</b>  <a href="https://www.youtube.com/watch?v=db1zRyBHxQU">https://www.youtube.com/watch?v=db1zRyBHxQU</a></p>	<p>Highly recommended for persons with dementia who enjoy singing and listening to music.</p> <p>Note: You may need to adjust the video's resolution for clearer visuals. Click on the Settings icon at the bottom panel of the video to do so.</p>

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### Hand in Hand Toolkit

#### Description:

This is a guide book consisting of 30 activities for centre-based clients developed by Agency for Integrated Care. Some of the activities here could be replicated by family caregivers at home.

#### Website Link:

<https://partners.aic.sg/sites/aicassets/AssetGallery/Publications/Hand%20In%20Hand%20Activity%20Guide.pdf>

This is a table-top activity guide book suitable for persons from early to moderate stage of dementia. "Modification tips" in the guide book are to be tweaked accordingly to suit the person with dementia's abilities. Supervision and guidance will also be necessary.

Suggested activities for persons with mild to moderate dementia:

- A Spicy Affair (page 33)
- Fruit Party (page 34)
- Scrap Fabric Quilt (page 40)
- Blossom Tree Painting (page 42)
- Origami Tulip (page 43)
- A Beautiful Tree (page 47)
- Flower Centrepiece (page 54)
- Coin Tower (page 60)

Suggested activities more suited for persons with mild dementia:

- Newspaper Reading (page 13)
- For Memories' Sake (page 15)
- Newspaper Collage (page 21)
- Sound Bingo (page 31)

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	<ul style="list-style-type: none"> <li>• What's Your Drink (page 35)</li> <li>• Making Red Bean Ice Cream (page 37)</li> </ul>
<p><b>Listening to Oldies</b></p> <p><b>Description:</b> Song lists of popular English, Mandarin and Malay oldies published by Agency for Integrated Care in collaboration with MediaCorp.</p> <p><b>Website Link:</b> <a href="https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Top%20English,%20Chinese%20and%20Malay%20Songs%20from%20the%201960s.pdf">https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Top%20English,%20Chinese%20and%20Malay%20Songs%20from%20the%201960s.pdf</a></p>	<p>Music enjoyment and reminiscence activity for persons with dementia.</p> <p>Songs with lyrics included can be found on YouTube.</p>
<p><b>Arts, Ageing and Wellbeing Toolkit</b></p> <p><b>Description:</b> A range of arts-based activities for seniors developed by Nanyang Technological University with the support of Agency for Integrated Care.</p> <p><b>Website Link:</b> <a href="https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Art%20Ageing%20Wellbeing%20Toolkit.pdf">https://partners.aic.sg/sites/aicassets/AssetGallery/Community%20Care%20providers/AIC%20Wellness%20Programme/Art%20Ageing%20Wellbeing%20Toolkit.pdf</a></p>	<p>Recommended for persons with mild dementia and who enjoy arts and crafts.</p> <p>Suggested activities:</p> <ul style="list-style-type: none"> <li>• Activity 1: Leafy Splatter</li> <li>• Activity 6: Frame It Up</li> </ul> <p>The activities may need to be tweaked accordingly to suit the person with dementia's needs and abilities. Supervision and guidance by family members will also be necessary.</p>

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<p><b>Cooking Demonstration</b> <b>Come 'n Cook</b> <b>@ zaobao.sg</b></p> <p><b>Description:</b> Live cooking demonstration featuring chefs specialising in Chinese cooking developed by the Ministry of Communications and Information, PA and Singapore Press Holdings' Chinese Media Group.</p> <p>Starting from 16 March 2020, it is live streamed from Monday to Friday, 10.30am to 11.30am</p> <p><b>Website Link:</b> <a href="https://www.zaobao.com.sg/keywords/yi-qi-lai-zuo-fan">https://www.zaobao.com.sg/keywords/yi-qi-lai-zuo-fan</a></p>	<p>Suitable for persons with mild dementia who have keen interest in cooking.</p>
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\*Some of the online resources above are extracted from Agency for Integrated Care's "Advisory on Eldercare Centres and Services Supporting At Risk Seniors During Suspension of Senior-Centrc Activites" in March 2020.