

# Everyday Engagement for Individuals Living With Dementia

Engaging activities play a vital role in supporting the well-being of individuals living with dementia. The right activity can spark joy, reduce anxiety, and encourage meaningful connection.

Following are two examples of activities that can be adapted to a person's abilities and interests. Visit our resources for more information and ideas.

1. **Music Therapy:** Music can be a powerful tool for improving mental, emotional, and even physical well-being.
  - **Tips for Implementation:** Choose music that reflects the individual's personal tastes, cultural background, and life history.
2. **Art and Creative Expression:** Art activities like painting, drawing, or simple crafts can foster self-expression and cognitive stimulation.
  - **Tips for Implementation:** Offer safe materials and easy-to-follow, large-print instructions. Display finished work to celebrate creativity.

# LONG TERM CARE COMMUNITY COALITION

*Advancing Quality, Dignity & Justice*

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit [www.nursinghome411.org/dementia-care-in-the-community](http://www.nursinghome411.org/dementia-care-in-the-community).

**Visit [www.NursingHome411.org](http://www.NursingHome411.org) for...**

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

**All resources are free to  
use and share.**

