



## Memory Maker Kit

### Guide

This maker kit is designed to help improve the overall well-being of people with dementia by providing fun, meaningful activities that help build their relationships with their family, friends, and caregivers.

### *The Multi-Sensory Reminiscence Activity Book*

Written by experienced occupational therapists, this book provides detailed session plans for running successful and therapeutically-valuable activities for adults with dementia. Each plan is developed to be suitable for people with a variety of dementia levels, and helps to support memory, sensory function, confidence, communication, connection, as well as overall physical and emotional wellbeing.

### Conversation Cards for Adults

Conversation Cards allow those with dementia to reminisce, recall special memories, and share stories. Each 52-card deck features vivid photographs, large-print text, and nine questions per card that inspire fun, thought-provoking discussions.

### Aquapaint

Simply paint water on the card canvas and watch as the image appears. The Aquapaint activities give users the feeling of independence, help nurture the minds of people living with dementia, and helps them use their fine motor skills.

### Keeping Busy Activities for Older Adults-Match the Shapes

This game is adaptable for different abilities and the included instructions explain how to present the activity to help people with dementia feel a sense of satisfaction and accomplishment. This was fully tested with seniors at various stages of dementia to ensure that it is well suited for adults.

## Troubleshooting

Instructions for each activity are included in the maker kit.

## Online Memory Games

**BrainHQ**- Exercise your memory, attention, and more! As with physical exercise, brain exercise can help you test your brain and improve your performance in order to feel your best. BrainHQ has more than two dozen brain-training exercises organized into six categories: Attention, Brain Speed, Memory, People Skills, Intelligence, and Navigation. Access brain training on most internet-connected devices with your library card. <https://wclibrary.info/education/brainhq/auth/>

**Lumosity** - One of the most popular brain-training resources, Lumosity pairs neuroscience with game developers to create fun and addicting puzzles that strengthen your mental ability. <https://www.lumosity.com/en/>

**AARP Game Center** - One of the best and most comprehensive game sites on the web is put together and hosted by AARP. Here you will find everything from online jigsaw puzzles to brain health crossword puzzles. <https://games.aarp.org/>

**BrightFocus Memory Games** – BrightFocus offers games that are fun and may strengthen your brain, but these games do not prevent Alzheimer’s disease. Note: Sometimes games are just for fun. And if your brain strengthens in the process, all the better! <https://www.brightfocus.org/alzheimers/memory-games>

## Support

**Alzheimer’s Association** - The Alzheimer’s Association’s site offers a wealth of information concerning Alzheimer’s and offers an organization that unites caregivers, provides support to those facing Alzheimer’s, and advances research into the disease. <https://www.alz.org/>

**Brightfocus** - Alzheimer’s disease is the most common form of dementia, affecting more than five million Americans. On this site, you can find out more about Alzheimer’s Disease and how you can manage care for yourself or a loved one. <https://www.brightfocus.org/alzheimers>