



## **Outdoor 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.

### **Tool Shed Jigsaw Puzzle**

Jigsaw puzzles are ideal for people with Dementia and Alzheimers. While puzzles are therapeutic, they also exercise your memory and are said to improve brain functions, especially short-term memory.

### **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 Dots**

The Match the Dots game is adaptable for different abilities and was created for people with dementia. Full instructions detail how to present the activity to ensure that the player feels a sense of satisfaction and accomplishment. Templates are included to help guide them to success.

## 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 BrainHQ training on most internet-connected devices by using 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 may 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. These games do not eliminate Alzheimer's but the games and activities are fun! <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. This great resource is where 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>