

Alzheimer's New Jersey Virtual Activity List

For people with Alzheimer's disease and other forms of dementia, social distancing and limiting activities outside of the home can increase feelings of isolation and confusion. To help, we have compiled a list of virtual activities that can stimulate cognition, spark joy, and enhance connection with others. Keep in mind, these are not one-size-fits-all. To select the most appropriate activity for an individual with dementia, consider the person's cognitive ability, and interests. Enjoy!

1. Online jigsaw puzzles – Jigsaw puzzles are a great way to engage a person with dementia. Online jigsaw puzzles range from simple to complex (with an increasing number of puzzle pieces), so you can tailor them to your loved one's needs, skill level, and interests. Consider a puzzle of something familiar to your loved one. Initially, you may need to model putting the jigsaw together completely, then put all but one of the pieces together and encourage the person with dementia to finish the puzzle.
 - a. <https://www.jigidi.com/>
 - b. <https://www.onlinejigsawpuzzles.net/easy-jigsaw-puzzles/>
 - c. <https://www.jigsawplanet.com/>

2. Online coloring pages – Create something beautiful with your loved one using the virtual coloring pages. You can incorporate themes, like holidays, or use a page with your loved one's favorite flowers/animals/season.
 - a. <https://www.thecolor.com/>
 - b. <http://www.supercoloring.com/collections/coloring-pages-for-adults>

3. Music – Music may improve the mood of an individual with dementia and enhance communication. Below you will find links for creating playlists, participating in virtual choirs, playing virtual instruments, listening to symphony performances, and singing virtual karaoke.
 - a. <https://www.playlistforlife.org.uk/resources/>
 - b. <https://voicesofaphasia.com/virtual-choir-sessions/>
 - c. <https://givingvoicechorus.org/2020/04/27/giving-voice-live-our-chorus-goes-virtual/>
 - d. <https://www.virtualmusicalinstruments.com/?fbclid=IwAR0rm7xPZRqcdgias6NtIIAP1fmwxjZOcYycdCA-DnoNXAb2EuB17aRNkA>
 - e. <https://seattlesymphony.org/live>
 - f. <https://www.karafun.com/karaoke/>
 - i. Subscribe monthly for \$9.99
 - g. <http://www.singsnap.com/>

4. Art Class – Creating art can be a fun and interactive way to spend quality time with your loved one. It can also decrease stress, increase social engagement, and build strong connections with family and friends. Below you will find links to virtual art classes and workshops.
 - a. <https://www.blueseacare.com/virtual-senior-art-classes/>
 - b. <https://rumriverart.com/classes/adult-classes/>
 - i. Courses range from \$1-\$175
 - c. <https://www.silverkite.us/online-workshops>
 - i. Most classes are \$10

5. Exercise/Dancing – Movement not only keeps our bodies strong and healthy, but our minds as well. Below you will find links to a variety of virtual exercises/dance classes geared toward older adults with dementia.
 - a. (<http://www.dvpnyc.org/free-access-videos/>)
 - b. <https://britishgymnasticsfoundation.org/lovetomove/>
 - i. Approximately \$400 for 4-class courses
 - c. <https://www.ymca.net/your-y-at-home-for-active-older-adults>
 - d. <https://www.cedars-sinai.org/content/dam/cedars-sinai/programs-and-services/geriatrics/documents/geriatrics-vitual-leap-program-flyer.pdf>

6. Museums – Many museums are offering virtual tours. Perhaps your loved one has a favorite painting, sculpture, or artistic era. Or maybe they've always wanted to travel to the Louvre, but haven't had the chance. Bring the art to them!
 - a. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
 - b. <https://www.louvre.fr/en/visites-en-ligne#tabs>

7. National Park Hopping – Get back to nature! Virtual tours of national parks can give your loved one the chance to see natural beauty like the Grand Canyon from the comfort of their home.
 - a. https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2871550_h tml - deal%3a2871550&utm_content=2871550&ec=0&dlinkId=2871550

8. Aquariums and Zoos – What's cuter than watching pandas, dolphins, sea otters or penguins? Zoo webcams can provide peacefulness and redirection for your loved one with dementia.
 - a. <https://www.montereybayaquarium.org/animals/live-cams/sea-otter-cam>
 - b. <https://aquarium.ucsd.edu/kelpecam>
 - c. https://play.google.com/store/apps/details?id=com.bitbros.myreef3d.android.googleplay&hl=en_US
 - d. <https://zoo.sandiegozoo.org/live-cams>
 - e. <https://nationalzoo.si.edu/webcams>
 - f. <https://www.houstonzoo.org/explore/webcams/rhino-yard-cam/>
 - g. <https://www.edinburghzoo.org.uk/webcams/penguin-cam/>

9. Television - Zinnia TV is a library of artfully crafted, gently paced videos designed to meet the needs of people living with mid- to late-stage dementia.
 - a. <https://www.zinniatv.com/>

10. Movie watching together (but virtually!) – Do you and your loved one have a favorite movie that you have watched together, but you’re not able to be physically together? You can use the link below to stream the same movie at the same time as your loved one. Grab some popcorn and enjoy!
 - a. <https://www.netflixparty.com/>
 - b. <https://www.netflixparty.com/support>
 - i. Free with your Netflix subscription

11. Gardening - Does your loved one’s physical limitations hinder his/her ability to garden? The app below allows your loved one to assist in virtually planting seeds, growing flowers, and sending virtual bouquets to family members and friends.
 - a. <https://apps.apple.com/gb/app/flower-garden-grow-flowers/id311265471>
 - i. \$4 app purchase

12. Book Club – Reading may be a skill that is spared throughout the course of dementia. Participating in a virtual book club can be an enjoyable and engaging activity. The book club linked below is tailored to the needs of people with dementia.
 - a. <https://hearthsidebookclub.com/>
 - i. Basic membership \$18/month

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