



Conversations with David and Kathy
Amping Up Your Activity Programming
www.ElderCareConversations.com

Content Master List

Activity Programming 101

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Wisen Now Mind Play booklet sample – Firsts

Adapting Activities for Dementia

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Handout: Communication Tips
- Wisen Now Mind Play booklet sample – Pleasing Poetry

Keeping Up Appearances: ADLs as Activities

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Handout: You Would Resist, Too, If It Happened to You
- Wisen Now Mind Play booklet sample – It's All Relative, Part 1

Innovative Art Programming

- Downloadable MP3 file
- Power point outline

- Top 10 takeaways
- Master resource list
- Handout: Sample Art Projects from Best Friends Approach to Activities
- Handout: Adult Art Supply List
- Handout: Common Patterns in the Art of People with Dementia
- Handout: Sam Heinly article
- Wisen Now Mind Play booklet sample – Color Me Beautiful

Energizing Your Exercise Programming

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Wisen Now Mind Play booklet sample – Summertime and the Living Is Easy

Homework: Hitting a Homerun with Household Chores

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Handout: Fill in the blank activity
- Handout: List of possible household chores
- Wisen Now Mind Play booklet sample – Nostalgia TV

Just for Men

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Fishing Theme Leader's Guide and Handouts
- Handout: Dog Biscuits
- Wiser Now Mind Play booklet sample – Occupying Occupations

Sharing Life Stories

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Handout: Choose One
- Handout: Best Qualities
- Wiser Now Mind Play booklet sample – Love and Marriage, Part 2

Magical Music

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Wiser Now Mind Play booklet sample – Music to Lighten the Mood

In the News

- Downloadable MP3 file
- Power point outline

- Top 10 takeaways
- Master resource list
- Handout: USA Today as an Activity Generator
- Wiser Now Mind Play booklet sample – Odd Celebrations

The Great Outdoors

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Handout: Activities from the Garden
- Wiser Now Mind Play booklet sample – In the Garden

Celebrating Spirituality

- Downloadable MP3 file
- Power point outline
- Top 10 takeaways
- Master resource list
- Handout: Things to Keep in Mind When the Older Adult has Dementia
- Handout: How to Visit Someone at Home and Feed His/Her Spirit
- Handout: How to Help Feed the Spirit of the Family Caregiver
- Handout: Basic Information on Major Religions
- Wiser Now Mind Play booklet sample – Humorous Quotations