What is BRAIN TIME?

Brain Time is a series of activity and art pages designed to engage the patient living with Alzheimer’s disease or another form of dementia. The pages range in difficulty from Relaxing to Challenging and can be done alone or with someone. Colored pencils work best for this activity as they are easy to hold, not messy, and can color in fine lines. The activity level is listed on the bottom of each page.

BRAIN TIME is included in Alzheimer’s Community Care’s CAREGIVER TOOLBOX.

For more information, contact us today  (561) 683-2700  www.alzcare.org/toolbox  info@alzcare.org
WHAT IS YOUR FAVORITE FLOWER? _________________

WHAT IS YOUR FAVORITE SEASON, WINTER, SPRING, SUMMER OR FALL? __________________________

WHAT IS YOUR FAVORITE BASEBALL TEAM? __________________________

WOULD YOU RATHER BIRD WATCH OR WATCH IT RAIN? __________________________

WHAT IS YOUR FAVORITE JELLYBEAN FLAVOR? __________________________

WHAT IS YOUR FAVORITE SPRING-CLEANING CHORE? ________________________

THIS IS YOUR LIFE is specifically designed for reminiscing and is good for creating comfortable conversation. While your loved one might not be able to remember recent events, they are very likely to remember their wedding day, the name of a favorite school teacher, or a childhood holiday. Reminiscence therapy uses this ability to recall events that happened long ago, even when short term memory is failing. It can also help boost their mood and stimulate wider conversation.

Therapeutic Value
- cognitive
- emotional
- physical (fine motor)
- social/individual

RELAXING BRAIN TIME
What was your funniest April Fool's Day joke?

What do you love most about springtime?

What was spring like where you grew up?
Similar to meditation, Masterpiece allows you to switch off your brain from other thoughts, which can be very satisfying, calming and relaxing for dementia patients. Patients may also have difficulty sleeping and the calming effects of coloring can help soothe patients before bed. Art therapy and coloring are also great communication tools. According to Dr. Karen Gilbert, DNP, MS, RN, “Art therapy stimulates the brain, providing a form of communication unique to each individual. Communicating through art inspires creativity and personal expression, promoting joy and a sense of accomplishment.”
What’s My Line? uses common phrases, pairs, book titles and the like to allow the person with dementia to draw from their long-term memory bank. This activity is best enjoyed with someone, but can be done alone. The “lines” are designed to stimulate memories, encourage reminiscing, and spark enjoyable and therapeutic conversation. The categories will cover a wide variety of interests and life experiences. Suggested answers are below, but there are no right or wrong answers. The activity is designed for engagement and enjoyment.

APRIL SHOWERS BRING ___________ _____________
SPRING HAS _________________________________
WHEN IT RAINS ___________ _________________
BIRDS OF A FEATHER ___________ ______________
PRACTICE WHAT YOU __________________________
Pleased as _________________________________
TWO PEAS IN A ______________________________
SOMEBWHERE OVER THE ____________________________
WALKING ON _________________________________
STOP AND SMELL THE _______________________________
DON’T PUT ALL YOUR EGGS ________________________________

EVERY CLOUD HAS A ________________________________

DON’T COUNT YOUR CHICKENS ________________________________

TIPTOE THROUGH ________________________________

HERE COMES PETER COTTONTAIL ________________________________

______________________________________________________________________________________________

THE EARLY BIRD ________________________________

WHAT’S GOOD FOR THE GOOSE IS ________________________________

MARY, MARY QUITE CONTRARY ________________________________

RAIN, RAIN GO AWAY ________________________________

BRIGHT EYED AND ________________________________
**HOLLYWOOD SQUARES Coloring**

**Therapeutic Value**
cognitive · emotional · physical
(fine motor) · social/individual

Focusing the mind on a simple, calming activity such as **Hollywood Squares** has the power to enhance brain activity, encourage positive thinking, and even foster social skills.

Therapeutic coloring helps the mind to focus on the moment and promotes mindfulness. It has been proven to reduce stress as well as anxiety and feelings of hopelessness. Coloring is also an excellent activity for enhancing dexterity for dementia patients suffering from the loss of motor skills.

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**Discussion Points**
- What is your favorite animated movie?
- Have you ever seen a deer in the wild?
DISCUSSION POINTS

- What is your favorite vegetable?
- Do you enjoy gardening?
Word search is a familiar and popular pastime for many people. It is engaging and offers cognitive challenges with positive and immediate feedback. Name That Tune can be done by the patient alone or together with their caregiver. The concentration required and the short-term memory skills used for Name That Tune are all beneficial to the patient. The topics of each word search can also be used to retrieve long-term memories and create conversation.

Name That Tune

Therapeutic Value

cognitive · emotional · physical
(fine motor) · social/individual

Word Search

Build your own custom worksheet at education.com/worksheet-generator

Cloudy Breezy Windy Bloom
Foggy Rain Hot Humid
Sun

RAIN
SUN
CLOUDY
WINDY
BREEZY
BLOOM
HOT
HUMID
FOGGY

RELAXING
BRAIN TIME
Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

NAME THAT TUNE

Word Search!

Name: __________________ Date: __________________

Raindrops Mockingbird Daydream Honey
Blackbird Umbrella Rainbow Butterfly
Misty Sugar Sunny Windy

UMBRELLA  SUNNY  SUGAR
MISTY     BUTTERFLY  BLACKBIRD
HONEY     MOCKINGBIRD  WINDY
RAINDROPS RAINBOW  DAYDREAM

CHALLENGING
BRAIN TIME
Alzheimer’s disease and related dementias can reduce one’s ability to focus, but games like Concentration can engage the patient in completing a single task. Concentration utilizes vital fine motor skills, numerical recollections, and provides an achievable challenge. Creating something through the puzzle creates a sense of accomplishment that is often lost throughout the progression of the disease.
Puzzles exist to be solved, and solving a puzzle is extremely satisfying for a patient living with dementia. The Treasure Hunt maze is a puzzle that has a definite starting and ending point, offering the patient an opportunity to see a goal and reach that goal through a series of steps. This provides valuable mental stimulation. A completed maze can rekindle the satisfaction of a job well done, triggering joy and pleasure for the patient.

**Therapeutic Value**
cognitive • emotional • physical
(fine motor) • social/individual

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**The Treasure Hunt**

Solve the maze

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16 by 16 orthogonal maze

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16 by 16 orthogonal maze - Solution
THE TREASURE HUNT
SOLVE THE MAZE

START

THE COINS LEAD TO THE TREASURE!

FINISH

CHALLENGING
BRAIN TIME
**Caregiver Corner**

We all need a break sometimes, especially caregivers. Take some time to have a laugh, share a story, and be inspired by the Caregiver Corner.

<table>
<thead>
<tr>
<th>Quote</th>
</tr>
</thead>
</table>
| “Remember that in the long run you will benefit from caregiving...because you will have no regrets knowing that you did what you could and what was right.”  
- Anonymous |

<table>
<thead>
<tr>
<th>Caregiver Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>There’s no way around it: caregiving can be an incredibly lonely role to play. You may feel isolated, sad, frustrated, exhausted... And on top of it all, you may feel guilty about feeling those things!</td>
</tr>
<tr>
<td>Don’t underestimate both the physical and emotional toll it can take on you, and make sure to lean on others for your own support. Grab a coffee with a friend and talk to them about how you feel. Join a support group so you can share and vent with people in a similar situation as yourself.</td>
</tr>
<tr>
<td>For information on Alzheimer’s Community Care Support groups contact us at 561-683-2700.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jokes</th>
</tr>
</thead>
</table>
| **Does February like March?**  
No, but April May |
| **How excited was the gardener about spring?**  
He was so excited he wet his plants. |
| **Can bees fly in the rain?**  
Not without their yellow jackets. |
| **Why couldn’t the flower ride its bike?**  
It lost its petals. |

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**WE WANT TO HEAR FROM YOU**

If you have a funny joke, story or inspirational quote to share, send it to info@alzcare.org

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**It’s the quality of care, not the severity of one’s condition, that determines their quality of life.**

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- Nationally Certified Alzheimer’s Educators

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