What is BRAIN TIME?

BRAIN TIME is a series of activity and coloring 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

United Way of Martin County  United Way of Palm Beach County
United Way of St. Lucie County

Spring 2020
COLOR IT IN
**THIS IS YOUR LIFE**

Fill in the blank

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

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**WHAT IS YOUR FAVORITE SONG?**

**WHAT IS YOUR FAVORITE MOVIE?**

**WHAT IS YOUR FAVORITE FOOD?**

**WHAT IS YOUR FAVORITE SEASON?**

**WHAT IS YOUR FAVORITE PLACE YOU EVER LIVED?**

**WHAT WAS YOUR FAVORITE VACATION?**

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**RELAXING BRAIN TIME**
WHAT WERE SOME OF THE CHORES YOU HAD TO DO WHEN YOU WERE A CHILD?

WHAT WAS THE MOST VALUABLE LESSON THAT YOUR PARENTS EVER TAUGHT YOU?

WHAT DID YOU DO FOR FUN WHEN YOU WERE A TEENAGER?
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, Florida-based dementia specialist, “Art therapy is helpful for dementia and Alzheimer’s patients because it enables an individual who is having trouble communicating to bypass the language problems they may be having, allowing them to communicate and express themselves in a different way.”

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**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.

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

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<th>Fill in the blank</th>
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**Relaxing Brain Time**

- NUTS AND BOLTS
- AUNT AND UNCLE
- MOM AND DAD
- SINK OR SWIM
- OPEN AND SHUT
- WASHER AND DRYER
- BALL AND CHAIN

SUGGESTED ANSWERS:
ARE YOU LONESOME ___________?

WHY DO FOOLS _______ _______ _______

SOMEBEWHERE OVER _______ _______

SPILSH, SPILSH I WAS _______ _______ _______

OH BEAUTIFUL, FOR ___________ _______

I COULD HAVE DANCED _______ _______

I FOUND MY THRILL _______ _______ _______

FLY ME TO ______ _______

FOR IT’S 1, 2, 3 STRIKES_______ _______
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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.

Discussion Points
What are your favorite movie snacks?
What is your favorite movie?
DISCUSSION POINTS
What is your favorite scene from Casablanca?
Can you name another Humphrey Bogart movie?
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.

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

**NAME THAT TUNE**

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**RELAXING BRAIN TIME**
BRAIN TIME is included in Alzheimer's Community Care’s CAREGIVER TOOLS.

NAME THAT TUNE
Word search

Y J S G F U G O O E K N O U N M L L G V
Y L H G S K G H S O O K E U H T C H F C
B O P X D E P S J I N P I O C C Y O U Y
E J W Q Z P I P C M Z P X V U U G B I H
N X I Q L C V I Y D F T G J Y E V E V I
Q W X Y E P P W B R I F O C H C A B N P
U W T P A S M Y G L A P R P F X U A U M
M P I E U E R Q I R L I B E I L M A G A
S V O S S R Y P P X J D N N S R J Y V C
M A Y B E L L E N E B Q N D O P B C I W
E S D H O L D R S Q J F G N R L E J P B
D C S M W E E P S T X G L H L O E C R F
D U V Q Y J V F O X E N M U R L P Y T Y
P I G D C Q T V G Y M R S Y O L V S M Y
W B W C Y K A C Z A F V D O W I F X K A
K M A C Z U M F I K W B H A E P D O C N
V N K O O H M B M Y C R J P Y O O P C I
B I K V N D Y E G S G C K J L P S J P K
M F E A Q O C X D Z U K X P S L K U U I
A B P R F Q H W H J R N Y W M M H A Z L

CHALLENGING
BRAIN TIME

TAMMY
RESPECT
MAYBELLENE
SPOOKY

YESTERDAY
RAINDROPS
NORMAN

SHERRY
LOLLIPOP
SUSPICION
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.

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THE COINS LEAD TO THE TREASURE!
THE TREASURE HUNT
Solve the maze

START

THE COINS LEAD TO THE TREASURE!

FINISH

CHALLENGING BRAIN TIME
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.

**Quote**

“Life is short. Break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile.”

— Nitisha Boiri, author

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**Jokes**

What did the fish say when he hit a wall? Dam!

What do you call a man with a rubber toe? Roberto

My wife told me to take the spider out instead of killing him. Went out. Had a few drinks. Nice guy. He is a web designer.

What do you call a man who can’t stand? Neil

Why didn’t the melons get married? Because they cantaloupe.

Wanted: A man has been stealing wheels off police cars. Police are working tirelessly to catch him.

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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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**Caregiver Tip**

Find a support group! The sooner in your caregiving journey that you seek the support of others, the better off you will be. Having a group of people who understand your daily struggles, frustrations and who offer a safe place to share these is invaluable. The hard decisions to come are easier when you know you are surrounded by a team of other caregivers. If you are looking for a support group, contact Alzheimer’s Community Care to find one in your area; 561-683-2700.

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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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**ComForCare**

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