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
DO YOU PREFER ORANGE JUICE OR GRAPEFRUIT JUICE?

OCEAN OR LAKE?

WHAT IS YOUR FAVORITE THING ABOUT GOING TO THE BEACH?

WATERSKIING OR SNOW SKIING?

WOULD YOU RATHER GO CAMPING OR TO A THEME PARK?

DO YOU PREFER ROAD TRIPS OR AIRPLANE TRAVEL?

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 what they had for lunch, 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

Brain TIME

RE L A X I N G
B R A I N T I M E
How old were you when you first voted?

What do you love most about America?

What do you love most about Florida?
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, Certified Dementia Practitioner, "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."
STATE FLOWER: ORANGE BLOSSOM
WHITE FLOWER, YELLOW-ORANGE CENTER, GREEN LEAVES

STATE TREE: SABAL PALMETTO PALM
DARK GREEN LEAVES, BROWN BARK

STATEHOOD: MARCH 3, 1845
STATE CAPITAL: TALLAHASSEE
STATE BIRD: MOCKINGBIRD

FLORIDA
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

LIKE A FISH OUT OF _____________________________
SEE YOU LATER, _________________________________
AFTER A WHILE, _______________________________
HOT DIGGITY _________________________________
SNAKE IN THE ________________________________
YOU HAVE BIGGER FISH __________________________
IT’S RAINING CATS AND __________________________
THAT’S A WHALE OF A ___________________________
WATER OFF A DUCK’S ______________________________
LIKE A MOTH TO A _______________________________
WHAT'S MY LINE
Fill in the blank

SOME LIKE IT _____________________________
BEACH BLANKET ___________________________
THE BEST YEARS _______ _______ _______
MR. SMITH GOES TO _________________________
A STREETCAR NAMED _______________________
SWISS FAMILY _______________________________
SMOKEY AND THE __________________________
WHERE THE BOYS ___________________________
THE SPY WHO ________________________
RAISIN IN THE __________________________
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 is your favorite animated film?
- What are your favorite activities on the water?
Discussion Points

- Are you a fan of movies with car chases?
- What is your favorite movie with Burt Reynolds?
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

CELLO
OBOE
BASS

ORGAN
CYMBAL
COWBELL

UKULELE
HORN
BONGO

Name That Tune Relaxing

social/individual

cognitive · emotional · physical (fine motor)

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

**NAME THAT TUNE Challenging**

<table>
<thead>
<tr>
<th>RUNAWAY</th>
<th>ROXANNE</th>
<th>CRYING</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOWNTOWN</td>
<td>MANDY</td>
<td>HAPPY</td>
</tr>
<tr>
<td>DONNA</td>
<td>REFLECTIONS</td>
<td>PROBLEMS</td>
</tr>
<tr>
<td>VOLARE</td>
<td>GEORGIA</td>
<td>DREAMS</td>
</tr>
</tbody>
</table>

**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.

Therapeutic Value

cognitive · emotional · physical
(fine motor) · social/individual
BRAIN TIME is included in Alzheimer's Community Care's CAREGIVER TOOLBOX

START AT THE PENCIL

CONCENTRATION
CONNECT THE DOTS

CHALLENGING BRAIN TIME
The Treasure Hunt

Solve the Maze

Therapeutic Value

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

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.
THE TREASURE HUNT
SOLVE THE MAZE

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

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.

<table>
<thead>
<tr>
<th>Quote</th>
<th>Caregiver Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>“We are crucial. We need support. We keep going. We are not alone. We are a force to be reckoned with.” — Anonymous</td>
<td>Caregivers can help someone feel more comfortable by establishing a constant daily routine. Doing this can help reinforce a sense of familiarity in the person who has Alzheimer’s. Caregivers should try to avoid making significant changes to a routine, as this can be confusing for someone. Sometimes, there are changes that are unavoidable, such as introducing a new care provider or switching care settings. Individuals with Alzheimer’s often require time to adjust to new people and places, so caregivers should try to implement changes gradually.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jokes</th>
<th>WE WANT TO HEAR FROM YOU</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do you call the seagulls that live by the Bay? Bagels.</td>
<td>If you have a funny joke, story or inspirational quote to share, send it to <a href="mailto:info@alzcare.org">info@alzcare.org</a></td>
</tr>
<tr>
<td>Where do pianists go for vacation? The Florida Keys.</td>
<td></td>
</tr>
<tr>
<td>Where does a fish go to borrow money? The loan shark.</td>
<td></td>
</tr>
<tr>
<td>Why don’t clams give to charity? Because they’re shellfish!</td>
<td></td>
</tr>
</tbody>
</table>

We offer services 24-hours a day, 7 days a week including assistance with all activities of daily living.

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

ComForCare
HOME CARE

Live your best life possible.

Nationally Certified Alzheimer’s Educators

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