

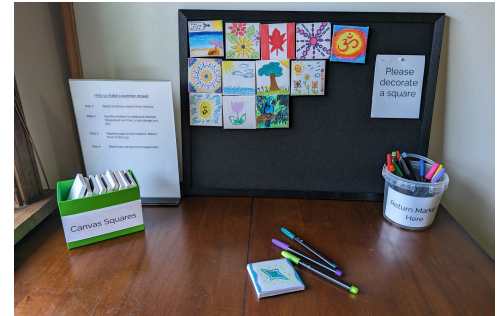
# MONTESSORI INSPIRED LIFESTYLE<sup>®</sup>

## Independent Activity Stations for Memory Care

**“Help those who are in search of activity and cannot find it.”**

Maria Montessori

A “prepared environment” enables a person living with (or without) dementia to find a meaningful activity that has a purpose and taps into their interests. Consider activities that use remaining strengths to allow for more independence, and that provide an opportunity to create or contribute one’s skills to the community.



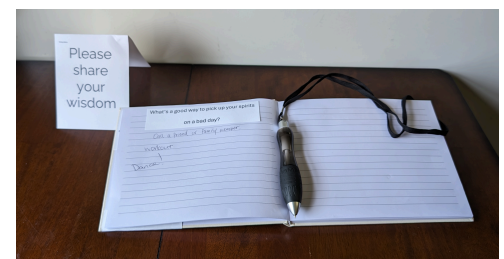
*Attach canvas squares to a felt board with Velcro for a community mosaic*

### Ideas for Art Stations

- Design or decorate an invitation to an upcoming event
- Rock painting with markers for an indoor garden. Hide rocks for others to find
- Design a tote bag
- Decorate a hat
- Add a square to a community quilt with a theme or message
- Select photos from magazines to make a collage

### Ideas for Writing-based Stations

- Tell your story, adding personal events into a world events timeline
- Write a thank you note or send a postcard
- Write a poem by completing the prompts
- Share words of wisdom for an advice column



*Invite elders to offer advice, or to learn more about each other*

### Ideas for Tactile Stations

- Fold flyers and stuff envelopes to assist office or marketing staff
- Pack a welcome basket with a personal note for new neighbors
- Select matching textures or complementary fabric designs to decorate a doll house for kids’ area
- Pack kindness bags to donate for a local shelter or hospital
- Flower arranging
- Tool box sorting

# Independent Activity Stations (continued)

## Tips for Success

- **ASK** the person (and others that know them) what they like to do. Then **TRY** any ideas to see if they work. If they don't, you can adjust as needed to get the right fit.
- **Focus on what the person can do.** Provide adaptive tools as needed, such as weighted writing utensils or a magnifying glass.
- **Invite the person to participate.** Have a simple, easy-to-read invitation to the activity, such as "Please help fold these flyers". Invite residents to assist in setting up and maintaining stations.
- **Break a task down into steps.** Provide simple step-by-step instructions. Avoid having too many steps to follow.
- **Use visual hints, cues or templates.** Signage (with words or pictures) can help keep the materials tidy (e.g. "Return markers here"). A completed sample may be helpful.
- **Demonstrate more. Talk Less.** Demonstrate and then offer prompts when introducing a new station, with many opportunities to practice.
- **Ask for feedback.** Ask "Did you enjoy this?" to determine how to improve the station or if it would be better to try a new one. Ask a few times before removing a station, to allow minds to change.
- **There is no right & wrong. Think engagement.** If the outcome is not what you expected, but the participant is engaged, that is the best measure of success.



*Put lines of a prayer or favorite song in order with self-correction cues and templates to support independence.*

## Activities designed for engagement and independence.

Explore our Montessori-based activity manuals at [cen4ard.com/shop](http://cen4ard.com/shop)

