

# connecting people, connecting support

occupation matters



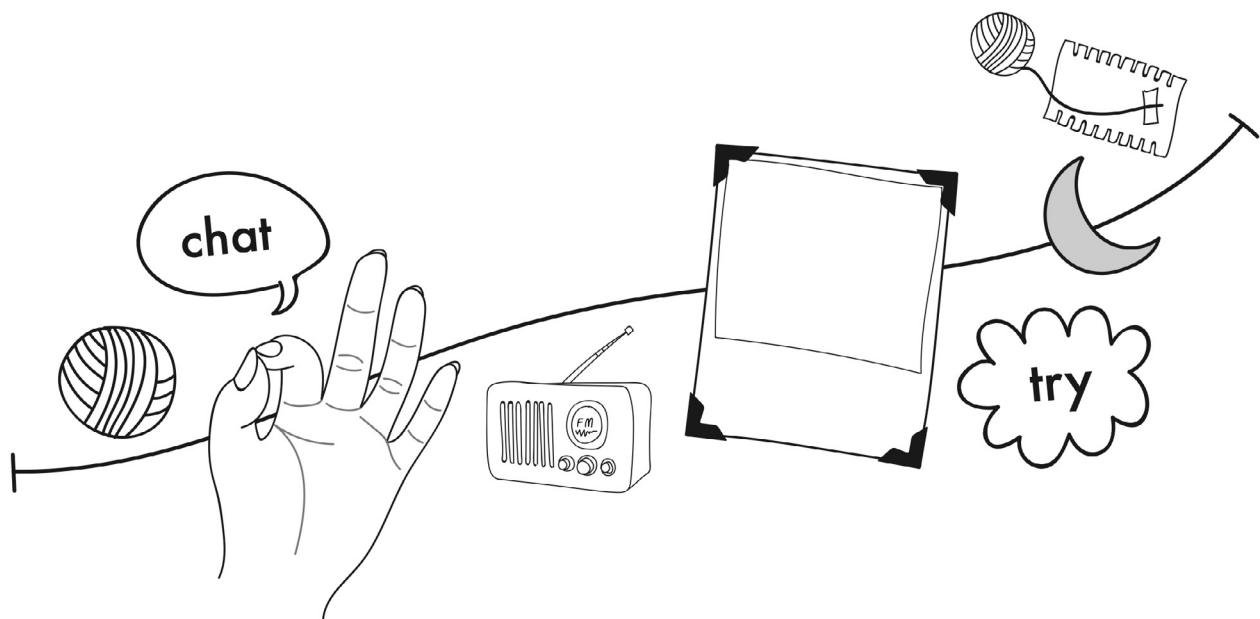
This print at home resource combines a selection of activities from the website [www.cpcs.online](http://www.cpcs.online) and the interactive book, Making Sense Together.

These activities have been created to help you embed health promoting activities into your daily routine. Whether you are using this resource because you have been told that you have mild-cognitive impairment, have been given a diagnosis of dementia, or want to keep well by taking steps to maintain good brain health, there is something here for everyone.

The resources and activities you find in this resource have been tried, tested and recommended by people with dementia.

This was created by a group of occupational therapists, researchers and designers who understand the important connection between the activities we take part in and health and wellbeing.

We are also passionate about the role of occupation and meaningful activity in enabling individuals to live well and continue to do the things that are important to them. Enjoy!



Designed  
with **care**

24 HOUR  
Dementia  Alzheimer  
Scotland  
Action on Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)



# Lifestyle Matters

Many factors can affect our brain health and by making tiny adjustments to our lifestyle we can make a difference

## Chat

1. What do you do on a day-to-day basis to relax?
2. What activities give you a sense of purpose?
3. What motivates you to get out of bed on a morning?
4. How much of a balance do you think you have between the things you have to do and the things you want to do?
5. When did you last try something new?

## Try

Taking steps to eat and sleep well, taking time to connect with friends and family, challenging ourselves to learn new things and building in some physical activity throughout the day can make a big difference.

Examples and ways of doing this can be found across the website [www.cpcs.online](http://www.cpcs.online) and this theme offers a short introduction that will hopefully help you to begin to think about small changes you can make to keep well by taking steps to maintain good brain health.



## Try this lifestyle challenge.

See how many elements you can achieve in the next few weeks?

Take time to catch up with someone you haven't spoken to for a while	Spend 30 minutes a day doing something you find relaxing	Spend time outdoors doing something you enjoy (gardening, having a walk, birdwatching)	Learn a new word or phrase in a different language
Visit a local library and explore the resources and courses that are on offer there	Dance around your kitchen or living room to a favourite piece of music or sit in your chair and move to the rhythm	Challenge yourself by doing a cross-word, word-search or Sudoku	See how many different vegetables you can eat in a week
Take a minute to look around the room you're in, and really notice what's around you - the shape, colour and texture of each object	Try cooking a new recipe	Share a meal with family or friends	See how many different vegetables you can eat in a week
Get physical by washing the car or tidying the house	Go the local cinema to watch a film with your friend or family	Have a hot milky drink before bed	Sing along to music on the radio. If you enjoy this see if you can find a local choir you could join

# Routine

Having a routine can provide a rhythm and structure to the day. This in turn can support memory and orientation. Building enjoyable activities into your routine can increase enjoyment and wellbeing.

## Chat

1. What is your favourite day of the week?
2. What is your favourite time of the day?
3. Is this linked to activities you take part in?
4. Do you feel like you have a routine?
5. Over your lifetime have particular days been associated with particular activities (for example Sunday lunch or Monday wash-day)?

## Try

Over three days use the following page to record things that you notice about your daily routines. Try to take notice of things that are helpful.

What routines do you now feel you need more help with?

7am 8am 9am 10am 11am Noon 1pm 2pm 3pm 4pm 5pm 6pm 7pm 8pm 9pm

wake up  
breakfast

7am 8am 9am 10am 11am Noon 1pm 2pm 3pm 4pm 5pm 6pm 7pm 8pm 9pm

# Checklists

The use of a checklist can help you remember what you need to do from day to day.

## Chat

1. Have you ever used a checklist?
2. Do you know anyone who uses or has used a checklist?
3. Would you describe yourself as an organised person?
4. Can you think of how a checklist could be useful for you?

## Try

**Going out checklist:** This can be used to remind you of items you usually need when going out and about.

Follow the prompts to make your personalised checklist.

Then cut out and place this on the back of the door or near the door at eye level and check it before leaving the house.



## Going out checklist template






Bag, wallet or purse - whichever you'd take with you when going out. →

Keys, key chains or anything you need to secure your home. →

Mobile phone and/or phone book - anything you take with you to stay connected. →

Things to help with accessibility and mobility, e.g. glasses, walking aid, hearing aid etc. →

Other items such as notebook, pen, diary, tissues, medication etc. →

Going out checklist	
	
	
	
	
	



# Physical Activity

There is a close relationship between physical health and emotional wellbeing and brain health.

## Chat

1. When you think of physical activity what images come to mind?
2. When you think of physical activity what memories come to mind?
3. What do you do now to keep physically active?
4. Is physical activity part of your daily or weekly routine?
5. What do you enjoy about physical activity?

## Try

Building in some form of physical activity in our everyday routines can support wellbeing.

The following page can be used to record the everyday tasks and routines you perform and identify the physical actions involved. You might find that you are more physically active than you first thought. You may also notice opportunities where you can build more physical activity into your daily routine.



Activity	Activity broken down	Physical actions involved
Laundry	<ol style="list-style-type: none"><li>1. Taking washing from wash-basket</li><li>2. Washing into the machine</li><li>3. Hanging washing on clothes line with pegs</li></ol>	<ol style="list-style-type: none"><li>1. Bending, stretching, lifting</li><li>2. Walking to the machine, bending, stretching</li><li>3. Reaching, lifting, pinching to open pegs</li></ol>

# Mealtime

A balanced, healthy diet is important to keeping mentally and physically well. Here we will think about the importance of establishing mealtime routines.

## Chat

1. Do you have a dining routine? (For example eat particular foods on certain days, eat in a set place or a set time)
2. If you have a dining routine what is your favourite meal of the week?
3. Do you have any rituals you associate with dining?
4. What is the difference between eating to nourish your body and sharing a meal with friends?

## Try

Food associations can help to support orientation to the time of day (for example cereal might be associated with breakfast) and could also be linked to days of the week (for example a curry, pizza or roast dinner could be associated with the weekend). Think about ways you could establish a dining routine. This might be about the time you eat or where you eat.



Meal plan date: ..... Treats for the week: .....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Lunch	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Dinner	Time:	Time:	Time:	Time:	Time:	Time:	Time:

# Drink

Keeping hydrated is essential for good brain and body health recommendations are that we drink 6–8 glasses of fluid a day. There are also other ways to stay hydrated including ice pops and different fruits.

## Chat

1. Are you a tea or a coffee drinker, or do you drink neither?
2. Are there particular drinks you associate with times of the day or daily routines? (Morning coffee, afternoon tea, hot chocolate or milky drink before bedtime)
3. Do you have a cup or mug at home that you like to drink from?
4. Do family members have mugs or cups that they consider theirs?

## Try

Drinking Challenge: Recommendations are that we drink 6–8 glasses of fluid a day (water, fruit squash, tea, coffee and other beverages). Use the chart on the following page to record your drinking habits for the week.

Hydrating foods you could try:

- Watermelon
- Oranges
- Strawberries
- Cucumber
- Peaches
- Lettuce



## Drinking Challenge

Colour in each glass as you have a drink

<b>Monday</b>								
<b>Tuesday</b>								
<b>Wednesday</b>								
<b>Thursday</b>								
<b>Friday</b>								
<b>Saturday</b>								
<b>Sunday</b>								



# Sleep

A good night's sleep is important for physical and emotional wellbeing. Over a lifetime our sleep patterns and the amount of sleep we need will change. However dementia can also significantly impact on these patterns.

## Chat

1. What is your perfect way to wake up in a morning?
2. Are you a lark or an owl?  
(Someone who likes to wake up early or someone who goes to bed late)
3. What are your bedtime rituals & routines?
4. Do your rituals and routines help or hinder a good night's sleep?
5. Apart from sleep are there activities that help you to feel relaxed and well rested?

## Try

The starting point to thinking about sleep is to understand what your sleep patterns are. For the next few days create a record on the following page.

Pay attention to the activities you do leading up to bed-time and particular routines and rituals that might help.

Use the notes page to capture your thoughts.



**Sleep lines:** Record the times that you sleep over the next 10 days, is there a pattern?

Time	7pm	8pm	9pm	10pm	11pm	12pm	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	Day nap?
Example			●	—	—	—	—	—	●		●		●					<input checked="" type="checkbox"/>
1																		<input type="checkbox"/>
2																		<input type="checkbox"/>
3																		<input type="checkbox"/>
4																		<input type="checkbox"/>
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10																		<input type="checkbox"/>

# Relaxation

Maintaining some kind of balance and finding time to relax is important. Stress not only impacts on emotional wellbeing it can also affect memory and physical health.

## Chat

1. What do you do to relax?
2. Are there particular activities that help you to experience a sense of wellbeing (for example, feelings of enjoyment or achievement)?
3. How often do you take part in these activities?
4. What helps you and what stops you from taking part in these?
5. Could you build short bursts of relaxing activities into your routine?

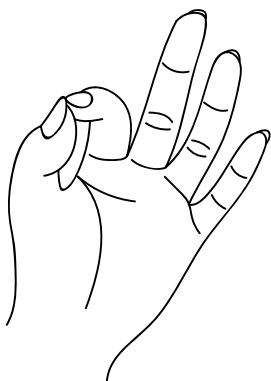
## Try

Try to build time into your daily routine to pause and engage in a relaxing or restorative activity. This might be making sure you have time for a regular drink or a bath, it might be winding wool or even taking part in a relaxation exercise. You don't need to block off large amounts of time. Even a five minute break to pause is important. For starters, why not try the following five finger relaxation.

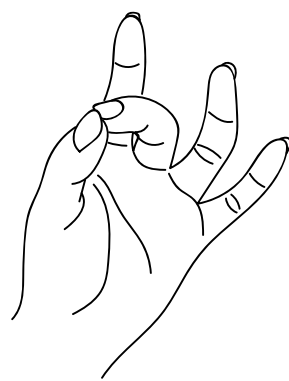
Use the notes page to capture your thoughts.



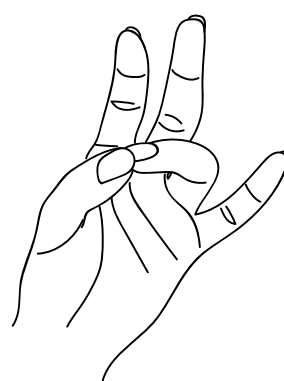
**Five Finger Relaxation** is a simple technique that helps you to pause for a moment and to focus your mind. The strength is that you can try it anywhere. Sit in a comfortable position with your hands resting on your lap.



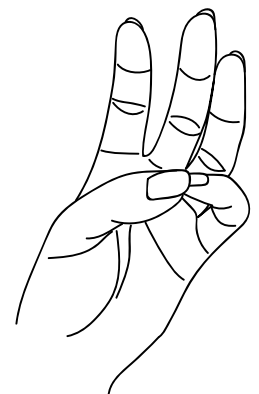
Touch your thumb to your index finger. As you do so, go back in time to when you felt physically tired after taking part in exercise such as a game of tennis or after digging in the garden.



Next touch your thumb to your middle finger. As you do so, go back to a time when you felt loved and cared for.



When you are ready touch your thumb to your ring finger. As you do so, think about the nicest compliment you have ever received. Try to really accept it now.



Finally touch your thumb to your little finger. As you do so, go back to the most beautiful place you have ever been. Dwell there for a while.



Thank you for exploring this booklet - we hope it has helped.

If you find these activities useful, you can access further FREE information online at [www.cpcs.online](http://www.cpcs.online) and [www.alzscot.org/ahpresources](http://www.alzscot.org/ahpresources)

For more information on the Making Sense Together book email [hello@designedwithcare.co.uk](mailto:hello@designedwithcare.co.uk)



**Claire Craig**

Occupational  
Therapist and  
Co-director of  
Designed with Care



**Helen Fisher**

Researcher and  
designer and  
Co-director of  
Designed with Care



**Elaine Hunter**

National Allied  
Health Professions  
Consultant from  
Alzheimer Scotland