

Chores to Do & Satisfy

Many of our clients have been diagnosed with Alzheimer's disease or other memory impairments. They want to be useful. They want to help. They just can't remember what or how to do the task. This is where you, the provider come in. You will suggest, give cues, get things ready, and keep them on task while accomplishing a chore that this person and you can be proud of. Some ideas are:

- a. sweep the garage, sidewalk, back porch
- b. unload washer/dryer
- c. take trash cans out to street/return trash cans to house
- d. wash the car
- e. rake the lawn
- f. put up/take down holiday lights/Christmas tree
- g. get a haircut
- h. get needed item(s) at market/Home Depot, etc.
- i. take the dog for a walk.
- j. return the movie to video store.
- k. buy a birthday gift.
- l. bathe or brush a pet.
- m. clean out the garage
- n. take down and clean the window screens
- o. take the car for an oil change or maintenance.
- p. plant flowers or tomatoes
- q. bake cookies (buy the premixed kind or have already mixed)

Plan an outing and include a shower before leaving. Here are some ideas to think about:

- a. the movies
- b. Wal-Mart
- c. Bowling
- d. Fishing
- e. Golf range
- f. Walking trail
- g. The fish hatchery
- h. The zoo
- i. Railroad Museum
- j. Visit a friend
- k. Out for coffee
- l. Lunch, dinner, dessert
- m. Get an ice cream cone
- n. To Tahoe for the day
- o. Visit someone in a nursing home.
- p. To a baseball/basketball/football game even high school.
- q. To a local play
- r. To an art gallery or museum
- s. Volunteer at the Upper Room

- t. Visit someone else who lives alone.
- u. Buy a grandchild's birthday card or present.
- v. A ride to Coloma, Apple Hill, Georgetown, Folsom, River Pines or Pollock Pines

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