

AGING AND DEMENTIA-FRIENDLY ACTIVITIES

This pamphlet has been prepared by the Lucas DD Senior Committee to suggest games and puzzles to promote cognitive functioning and health as people age and/or develop dementia. (Issues of the Aging Gracefully newsletter usually feature a few games and puzzles.)



Boom Again

Trivia board game with questions that draw on the shared experiences of those who grew up in the 1950s, '60s, and '70s



Benefits for people with dementia

The questions are NOT designed to trip players up, but rather are designed to be fun, to spark memories of days gone by, and to bring people of all stripes together

Learn More (about the game and benefits of trivia):

<https://wp.nyu.edu/insight/2021/08/16/trivia-game-boom-again-promotes-memory-and-learning-for-older-generations/>

WOODEN TILE MATCHING GAME

Wooden block puzzle with
templates



Benefits for people with dementia

Training brain activity and improving finger manipulation by checking the templates and correctly placing the puzzle pieces

See More:

https://www.amazon.com/KUMUNI-Wooden-Tile-Matching-Adults/dp/B0D56TMJSB?ref_=fplfs&smid=A2OF4VYJFQGMKR&source=ps-sl-shoppingads-lpcontext&th=1

ALL ABOUT US

Cooperative, life-story-telling board game involving players sharing their stories and exploring their lives with each other.



Benefits for people with dementia:

- helps them connect with positive memories.
- sparks conversations, thus promoting quality time with family, friends, and caregivers across all generations - helping to counteract loneliness.
- Boosts the person's morale and self-esteem when other players are interested in their opinions and experiences

Learn More:

<https://www.alzstore.com/memory-activity-game-for-dementia-p/h014.htm>



DOMINOES



Games using dominoes:

https://en.wikipedia.org/wiki/List_of_domino_games



Games with Dominoes are good for people with dementia or Alzheimer's because

- Dominoes have a familiar design and are easy to hold and maneuver.
- various games can be played depending on the stage of dementia

Tip:

Put emphasis on playing the game, not scoring, winning or losing, so that the game feels productive and successful for the person with dementia.

More about the benefits of games with Dominoes:

<https://www.carewell.com/resources/blog/games-for-adults-with-alzheimers-or-dementia/>

OUI SI



OuiSi, pronounced, "We See" is a set of photo cards with games for all ages and abilities.

- facilitates connection, expression, and fun for those with dementia and mild cognitive impairment
- uniquely designed to stimulate and captivate individuals with AND without dementia, and to create an enjoyable experience for family members and caregivers.

Learn More:

<https://shop.ouisi.co/pages/memory-care>

TRIO



A relatively new game, based on the Japanese game called *nana* (a word for *seven* in Japanese). The objective is to collect three sets of three of the same-numbered card, like a “gamer version” of Go Fish.

In “spicy” mode, players can also win by connecting two sets such as 1’s and 6’s to add up to 7.

Benefits for people with dementia include helping with memory and socialization.

Learn More:

<https://boardgamegeek.com/blogpost/155033/happy-camper-launches-trio-in-the-us>

Learn how to play:

<https://happycamper.games/products/trio-game>

<https://www.youtube.com/watch?v=YsZtEe29GAK>

(second video includes the play for the Japanese game *nana*)

MAHJONG (MAH-JONGG)



Mah-jongg benefits seniors through promoting

- cognitive sharpness,
- socialization
- stress relief
- problem-solving ability: as a “game of strategy,” mah-jongg can help combat aging-related decline of problem-solving ability
- overall physical and mental health

Learn More:

The Many Benefits of Playing Mah-Jongg - The Ethel

<https://www.aarpethel.com/lifestyle/the-many-benefits-of-playing-mah-jongg#:~:text=According%20to%20an%20October%202021,Encyclopedia%2C%20treats%20many%20older%20patients>

Health Benefits of Mah-Jongg - Dove Med

<https://www.aarpethel.com/lifestyle/the-many-benefits-of-playing-mah-jongg#:~:text=According%20to%20an%20October%202021,Encyclopedia%2C%20treats%20many%20older%20patients>

Play free online on various sites like this one from the AARP:

<https://www.aarp.org/games/category/mahjongg/>

QWIRKLE



Played much like Dominoes, but involves matching colors and shapes instead of numbers of dots.

People in early and middle stages of memory loss should be able to follow the game's established rules.

Those in the later stages may enjoy

- playing on a “team” and finding a specific color or shape in their team’s “hand”.
- making patterns with the tiles or sorting them by shape or color.

Learn More:

<https://alzheimersactivities.wordpress.com/2014/05/28/play-qwirkle/>

There is also a card game version of Qwirkle that's a lot like Rummy:

https://www.ultraboardgames.com/qwirkle/qwirkle-rummy.php#google_vignette



FIVE CROWNS

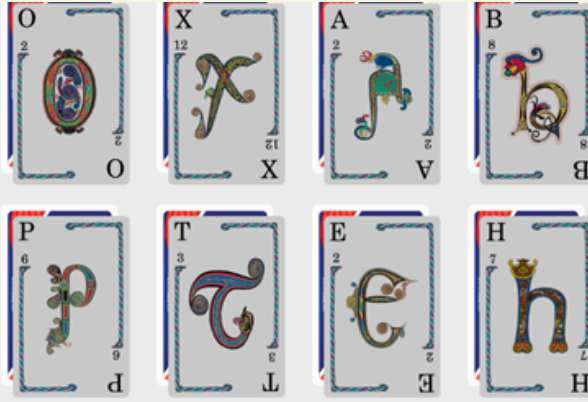


Card game similar to RUMMY but with 5 different suits, jokers, and rotating wild cards.

Video about how to play:

<https://www.youtube.com/watch?v=8BP2B8ifavc>

QUIDDLER



Card game that uses letter cards that words are made out of. Each letter has a value.

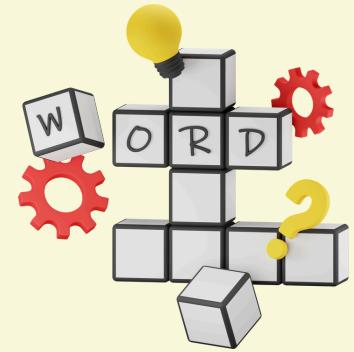
More about the benefits - cognitive, physical, social, and more - of playing this game as we age:

<https://files.constantcontact.com/dea1e72c801/be7b5273-e66c-4dfa-8e89-473a131031a9.pdf?rdr=true>

Video that shows how to play online: https://youtu.be/_lPG4AWMAgo

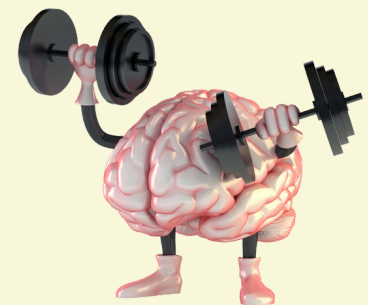
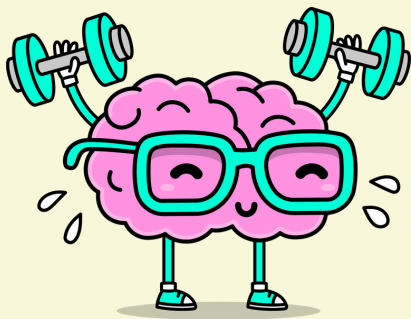
To play online, go to:

<https://www.setgame.com/quiddler/puzzle>



Puzzles and “Brain Exercise” Tools

Our brains require exercise throughout our lives much as our bodies do.



BRAINHQ

Like a mental “gym” for working out the brain - exercising memory, attention, brain speed, people skills, intelligence and navigation.

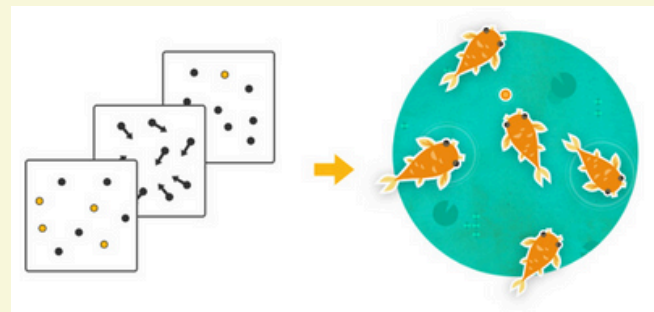
brainhq.com



LUMINOSITY

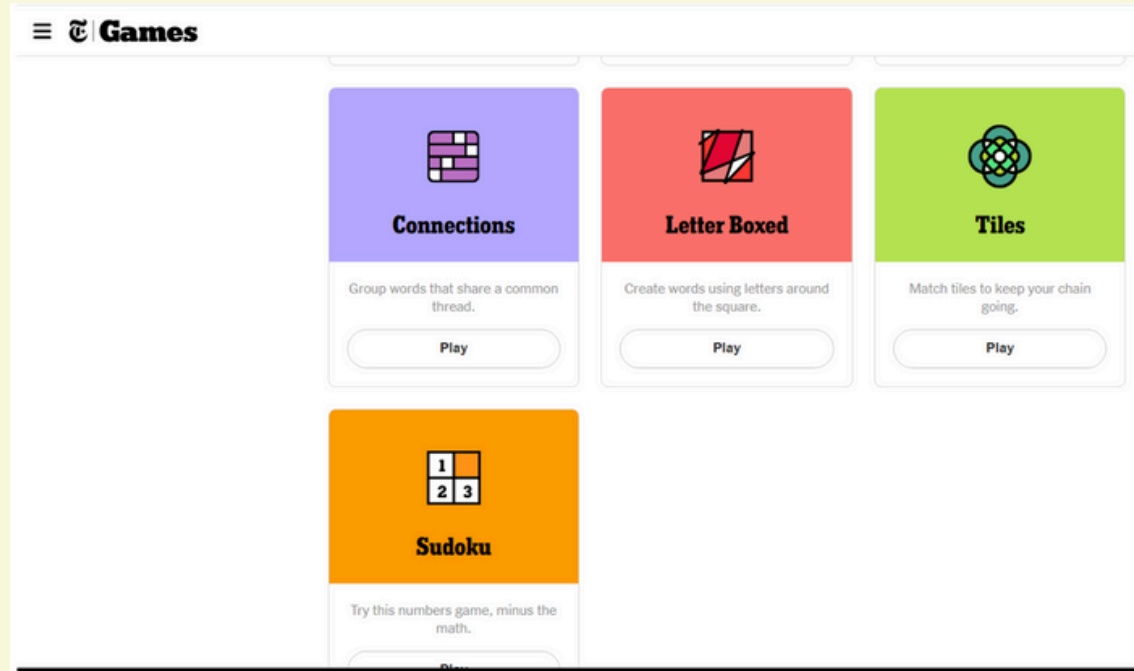
Online brain training platform that offers a variety of games that test memory, concentration, problem-solving skills, and more. Three brain games a day are allowed without any purchase.

<https://www.lumosity.com/en/>



CONNECTIONS

(and other New York Times games)



<https://www.nytimes.com/crosswords>

You can play the daily Connections game without subscribing.

OTHER ADULT BRAIN-BUILDING PUZZLES

Sudoku

Scrabble or Crossword Puzzles

Chess

Jigsaw Puzzles

Matching Card Games

Mario Kart



Read more about the benefits of these at this link:
<https://www.completingthepuzzle.com/blog/7-best-brain-games-for-adults>

More Puzzles:

NPR: https://www.npr.org/series/4473090/sunday_puzzle

***GAMES* Magazine: <https://gamesmagazine-online.com/category/puzzles/>**