

AGING AND DEMENTIA-FRIENDLY ACTIVITIES

This pamphlet has been prepared by the Lucas DD Senior Committee to suggest games 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.)



Rummikub

Classic numbers game combining elements of rummy and mahjongg, involving creating sets and runs from numbered tiles - with both strategy and luck.



Benefits for people with dementia

Builds numerical skills and logical thinking.

See More:

<https://rummikub.com>

<https://en.wikipedia.org/wiki/Rummikub>

Royal Game of Ur

4600+ year-old race game first played in ancient Mesopotamia during the early third millennium BC and rediscovered in a cemetery sometime between 1922 and 1934. The object is to move your pieces off the board before your opponent.



Benefits for people with dementia

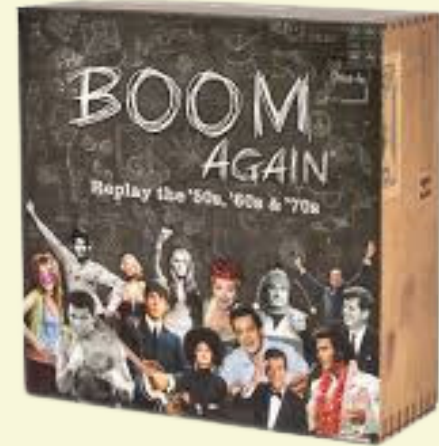
Involves both luck and strategy, easy to play, but gets you to think

See More:

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

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

