



BrainyActive Challenge Activity Ideas

For Participants, Persons Living with Dementia and Caregivers during COVID-19



Physical and mental activities of any kind – especially those you enjoy and do with others – can prevent, delay, and slow down dementia.

Results are both immediate and long term by increasing your brain's cognitive reserve: its ability to compensate for damage caused by dementia.

This challenge engages people to connect with loved ones and community safely – both virtually and in-person – while respecting COVID measures.

Activities to Fight Dementia

- Draw a picture
- Walk a block
- Make a sculpture
- Read a book

- Do a puzzle
- Meet a friend
- Learn a language
- Play a game

- Knit a sweater
- Dance a jig
- Plant a garden
- Walk a pig

Try out The Dementia Society Programs

- Weekly Round Up
 - Every Monday, we send you the new e-bulletin with the latest education, meaningful activities and support available. Stay up to date by registering on our website <https://dementiahelp.ca/> (add a picture of weekly round up)
- Dementia Care Coach
 - All of our Dementia Care Coaches are operating remotely and available to support you. There are many ways to reach out to a Dementia Care Coach – phone, Careteam, e-mail, and live chat on our website.
 - Ottawa: 613-523-4004
 - Renfrew County: 888-411-2067
 - info@dsorc.org
- Support Groups
 - We have over 24 support groups each month across Ottawa and Renfrew County. Support groups provide a safe environment for caregivers and families to learn, express and help each other by offering mutual understanding and support. Support groups are collaborative and are led by a Dementia Care Coach and a peer support volunteer. Choose to join via zoom or by calling in over the telephone. Click on the following links to see the latest schedule and register.
 - [Ottawa](#)
 - [Renfrew County](#)
- Music Programs at Home
 - For people living with dementia, memories may begin to fade away, but emotions can often remain as vibrant as ever. Music uniquely allows us to explore memories of the past while experiencing the enjoyment and pleasure of a beloved tune or classic boogie. Continue to enjoy our music programs at home. Access the latest videos on our YouTube Page. – [click here](#).
- Arts and Minds at Home
 - Art and creativity at home. Each session involves instruction, and participants are encouraged to create from a reference or use their own unique artistry to produce works that are meaningful to them. Access the latest videos on our YouTube page – [click here](#).
- 10@10
 - Every weekday at 10am, join us for 10 minutes of chair exercises and movement. Put a little structure into the day and join us on our Facebook page for the live event – [click here](#). Download a PDF of the exercises – [click here](#).
- On Demand Learning
 - Have you missed one of our webinars? Do you feel like learning about dementia, caregiving and everything in between? Search no further than our On Demand Learning page. Start learning today- [click here](#).

Have a Daily Watch party with Meaningful Activities from Around the World

- BBC Reminiscence Archive. This archive provides access to a selection of content from the BBC Archives, designed to support reminiscence therapy. To begin, simply select a Theme (such as Sport, Events etc.) or a Decade (1930s, 1940s etc.) and choose whether you wish to have Image, Audio or Video content – [click here](#).
- Teepa Snow's 13 Engagement Ideas while practicing social distancing's- [click here](#).

Listen to a Live-Streamed Concert Daily

- The best live-streamed classical music concerts available online – [click here](#).

Have a Movie Watch Party Virtually with Friends

- Classic amateur films from around the world from the British Film Institute - [click here](#).
- Laurel and Hide slapstick moves:
 - The Flying Deuces- [click here](#).
 - Helpmates- [click here](#).
- Stratford Festival productions on CBC Gem - [click here](#).

Watch Nature, Zoos and Aquarium Live Streams Daily

- Lions, tigers & bears oh my! Live stream from the safety of your home - [click here](#).
- Various animals at San Diego zoo - [click here](#).
- Various animals at the Smithsonian - [click here](#).
- Monterey Bay Aquarium- [click here](#).

Take a Daily Tour of a Virtual Museum and more... ..

- Canadian Museum of History - [click here](#).
- Royal Ontario Museum- [click here](#).
- Canadian War Museum- [click here](#).
- Art Gallery of Ontario- [click here](#).
- National Gallery of Canada- [click here](#).
- National Ballet of Canada- [click here](#).
- Hockey Hall of Fame- [click here](#).
- Rideau Hall- [click here](#).
- Petawawa Heritage Village- [click here](#).
- A virtual tour of a Canadian Penitentiary - [click here](#).
- Google Arts and Culture - This online platform provides digital tours of more than 2,500 museums and galleries around the world- [click here](#).
- NASA virtual tours - [click here](#).

Do a Home Exercise Each Day

- At home Exercises from the City of Ottawa: "Strength & Balance Exercises" - [click here](#).
- Canada's National Ballet School: "Bring Dance into your Home" online program has a special section for seniors - [click here](#).
- Rogers TV Better Strength Better Balance online recordings - [click here](#).

Take a Webinar or Lecture Each Day with A World without Walls

- The Good Companions Seniors Centre Without Walls program. Join health and wellness seminars, educational lectures, brain-stimulating activities, listen to live musical entertainment, join in on general conversations, and make new and meaningful friendships - all from the comfort of home! - [click here](#).
- Ontario Caregiver Organization is offering weekly support groups for caregivers - [click here](#). Support for Caregiver Awareness, Learning and Empowerment (SCALE) webinars is a program that aims to empower caregivers with practical information, and skills to enhance self-awareness with a focus on your own needs and well-being. Register today- [click here](#).

Do Some Daily Online Activities

- Have you completed all of your jigsaw puzzles? Complete a new online every day - [click here](#).
- Do you like colouring? Colour online all day - [click here](#). For more advanced, try this app- [click here](#)

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