

MUSIC

It appears that people living with dementia retain clearest memories for music they enjoyed and heard between roughly the ages of 10 and 30. Why not create a music quiz for your client and learn about their musical favourites?

Here are some places online where you can access music (audio and visual) for your client:

- **Classic FM** – scroll down on the following page to access a list of “the best live-streamed classical music concerts available online”, from around the world – so there’s something for everyone!

<https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

- **BBC-Rewind** gives you radio-access to many songs from the past: classical, pop, religious or cultural tunes, even tv themes and old pub songs! Search by genre and year:

<https://musicmemories.bbcrewind.co.uk/>

- **The Nostalgia Machine** is a bit of fun – choose a year and it generates a list of the top hits as far back as 1951

<http://thenostalgiamachine.com/>

SINGING FOR THE BRAIN ONLINE

Singing for the Brain are offering an online virtual service to existing group members.

If you’re already part of a group, please contact your local **Singing for the Brain** leader or group co-ordinator for more details. Or, you can [search for your regional office here](#) by adding your location and searching activities and social groups.

Any issues – get in touch with one of the Managers at PillarCare.

EXERCISES

Staying as active as possible is important. Try some gentle “Lockdown” exercises, either in a chair or around the house.

- A **picture guide** from the oomph website:

<https://oomph-wellness.org/2020/03/26/at-home-exercise-programmes-for-the-over-60s/>

- A **video-led** routine by Joe Wicks:

<https://www.bbc.co.uk/programmes/p0873kvz>

- Downloadable **podcasts** from the NHS, Strength and Flex exercise plan:

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

- Some more options to explore:

<https://ymca360.org/on-demand#/category/14>

FUN AT-HOME ACTIVITIES

A **dementia friendly activity** is an activity that is carried out with the aim of supporting communication, stimulating the senses and anchoring the person back to familiar roles or memories that will create joy.

- This 1-page guide is a useful tool in learning how to make **any** daily activity **dementia-friendly**:

<https://engagingdementia.ie/wp-content/uploads/2018/10/Dementia-Friendly-Activities.pdf>

Participating in activities at home such as reading books and magazines, doing jigsaws, listening to music, crafts, watching tv and listening to the radio may help.

Consider sensory experiences such as hand, neck and foot massages, hair brushing, smelling flowers from the garden, or a rummage box that contains things that the person has been interested in.

- This booklet is full of ideas including gardening, cooking, arts and crafts and much more:

<http://dementia.ie/images/uploads/site-images/Athomeactivities.pdf>

Here are some free online games to explore:

- **A Better Visit** features a range of two-player games designed to enhance communication and facilitate positive social interactions between people with dementia and their Carers/visitors:

<https://dementialearning.org.au/technology/a-better-visit-app/>

- **Touchscreen games/apps** for dementia sufferers:

<https://www.actodementia.com/>

- **Wheel of fortune**:

<http://www.wheeloffortune.com/so-many-ways-to-play/toss-up-challenge/>

- **Card games**:

<https://www.cardzmania.com/games/>

CULTURE

There are ways to explore the world without leaving the couch! Many museums, theme parks and zoos are available to explore virtually.

- Explore **Google's** best content by time and colour, zoom to view artworks in amazing detail, tour famous sites and landmarks, such as **The Guggenheim museum**, walk through **national parks** or visit the **Taj Mahal** and more:

<https://artsandculture.google.com/explore?hl=en>

- **The BBC** offers a mix of theatre, ballet, galleries, tv, music, radio etc.:

<https://www.bbc.co.uk/arts>

- You can see what the baby snow leopards and the penguins are up to at **Melbourne Zoo** and **Werribee Open Range Zoo** by watching their live stream:

www.zoo.org.au/animal-house

- If you prefer underwater animals you can also tune in to the live stream from the **Monterey Bay Aquarium** in California, USA to watch the jellyfish, turtles and sea otters:

www.montereybayaquarium.org/animals/live-cams

MORE RESOURCES TO EXPLORE

- **Chatterpack** – a whole list of boredom-busting activities:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

- **JW3** – the Jewish community hub in NW3 for everything Jewish - films, talks, tv, and community:

<https://jewishonline.jw3.org.uk/>

Do you have a good find to add to our list?