

ACTIVITY:

DATE: _____

TIME: _____

LOCATION: _____

AREAS OF WELLNESS:

- ☐ Physical ☐ Social ☐ Emotional
☐ Intellectual ☐ Spiritual

DESCRIPTION / OBJECTIVE:

INTRO: Write down a synopsis or introduction for the activity (think why/what we are doing)

SUPPLY & RESOURCE LIST

**Highlight what needs to be purchased*

PROCESS/STEPS Assign attendees/leaders and include GEMS States adaptations you can make (see back).

ATTENDEE LIST / ASSIGNMENTS

**Make sure all attendees have something they can participate in that is failure free.*

TIPS FOR ENGAGEMENT:

- Ask for help or opinions
- Say "Let's try"
- Avoid "yes/no" questions

NOTES: It is helpful to include a sample, whether something tangible or a picture to reference.
Activities may be broken down to include prep/setup and clean-up, as well as a celebration, if applicable.
After the activity is finished, ask the participants for feedback on the activity and fill out the Activity Review below.

ACTIVITY REVIEW:

Would you do ☐ Yes
this again? ☐ No

Why or Why Not?

What was successful?

What to change?

Comments/Notes:



MORE DETAILS



Courtesy of Dementia Care Solutions. To learn more, contact us:
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