

# In-home activities while sheltering in place

Sarah Dulaney, RN, MS, CNS  
Pam Roberts, Family Caregiver



# Introductions

## **Sarah Dulaney RN, CNS**

Clinical Nurse Specialist  
UCSF Memory and Aging  
Center



## **Pam Roberts**

Family Caregiver, Member of the Family  
Advisory Council at the UCSF Memory  
and Aging Center



What to do when stuck at home  
ALL DAY EVERY DAY

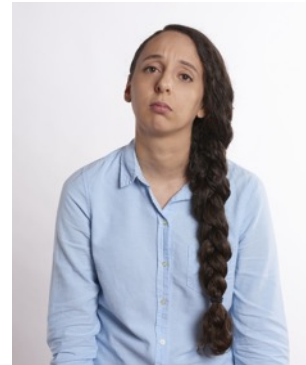
# Choose activities that can help reduce stress in your home

- Stick to a routine
- Take one day at a time
- Do your best
- Be gentle with yourself
- Prioritize connecting with others



# How do activities affect your mood and energy level?

- Rewarding
- Relaxing
- Distracting
- Refreshing
- Connecting



# Rewarding activities

Reinforce a sense of purpose and accomplishment



**Work**



**Helping others**



**Cleaning &  
household  
chores**



**Home  
improvement  
projects**



**Cooking or  
baking**

# Rewarding activities

Reinforce a sense of purpose and accomplishment



**Gardening**



**Caring  
for a pet**



**Creative art or  
craft projects**



**Puzzles and  
games**



**Learning a  
new skill**

# Relaxing activities

Ease tension and emotional arousal in the mind and body



**Mindful awareness  
or deep  
breathing**



**Meditation,  
mantra, or  
prayer**



**Nature walk,  
scenic drive,  
window  
watching,  
nature video**



**Drink tea**



**Imagine a  
different  
reality**



# Relaxing activities

Ease tension and emotional arousal in the mind and body



**Warm  
shower or  
bath**



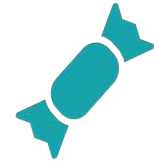
**Hugs,  
holding  
hands, or  
cuddling  
with a pet**



**Stuffed  
animal or  
soft stretchy  
or weighted  
blanket**



**Listening to  
music**



**Eating  
chocolate**

# Distracting activities

Redirect our attention to something entertaining or amusing



**Manicure,  
hairstyling, and  
dress-up with  
hats or jewelry**



**Magazines,  
books, coloring  
books, trivia,  
telling jokes**



**Singing karaoke**



**Playing simple  
games like  
Jenga, blackjack,  
or bingo**

# Distracting activities

Redirect our attention to something entertaining or amusing



**Digital games like  
solitaire, sudoku,  
crossword or  
Microsoft Flight  
Simulator**



**Classic movies or  
sitcoms, sports, cooking  
or home improvement  
shows, animal cameras,  
nature videos**



**Virtual museum tours,  
live-stream opera or  
symphony, online  
classes or lectures**

# Refreshing activities

Renew our strength and energy



**Exercise**



**Creative projects**



**Spiritual practices or rituals**



**Reaffirming goals & values**

# Connecting activities

Build and deepen relationships



Reminisce, listen, and tell stories



Find meaning in the mundane

Family recipes or food preferences

Quirky sayings or habits



Record meaningful moments on video



Apologize



Forgive, or let things go



Use "love language"

Encouraging words (like compliments or appreciation), gifts, acts of service, quality time, physical touch

# Connect remotely



**Phone calls &  
texts**

**Covia's Well  
Connected  
Virtual support  
group**



**Letters or  
postcards**



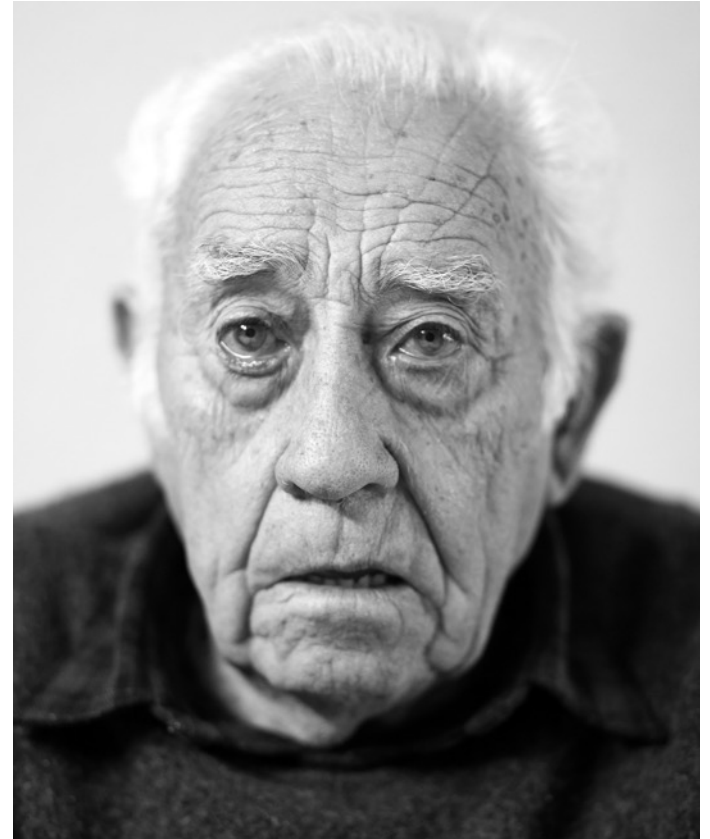
**Social media  
(Facebook,  
Instagram,  
Nextdoor,  
WhatsApp)**



**Video call  
technology  
(FaceTime, Skype,  
Zoom, Google  
Duo, Amazon  
Alexa Show)**

# Pace yourself

- Apathy, decreased attention, irritability, and daytime sleepiness are common barriers to engagement
- Try shorter, more frequent episodes of activity (5–15 min)
- Find ways to connect through activities of daily living (i.e., laughing, singing, conversation, touch)



# Share your own tips and ideas!



<https://www.pcmag.com/how-to/how-to-call-someone-from-your-amazon-echo>



<https://www.wdrake.com/buy-as-seen-on-tv-wonder-bible-363283>





Okay, now let's get real

# Pam and Dave's Story



# Let's Review

- Do your best, and be gentle with yourself
- Consider activities that might be rewarding, relaxing, distracting, refreshing, and connecting
- Observe, adapt, and simplify
- Explore behavior as communication

# Resources

- [dementia.org.au/resources/purposeful-activities-for-people-with-dementia](https://dementia.org.au/resources/purposeful-activities-for-people-with-dementia)
- Greater Good in Action practices: [ggia.berkeley.edu/](https://ggia.berkeley.edu/)
- TimeSlips creative storytelling: [timeslips.org/resources/creativity-center](https://timeslips.org/resources/creativity-center)
- Free craft ideas: [discountschoolsupply.com/creative-craft-activities](https://discountschoolsupply.com/creative-craft-activities)
- Sit and Be Fit: [youtube.com/channel/UCLgvL3aGzMByecNYtMcyK\\_g](https://youtube.com/channel/UCLgvL3aGzMByecNYtMcyK_g)
- NIA Go4Life Exercise:  
[youtube.com/watch?v=8E8iCYG16ho&list=RDCMUUCF4jdnof7ZnydEgUfmoXvSg&start\\_radio=1&t=0](https://youtube.com/watch?v=8E8iCYG16ho&list=RDCMUUCF4jdnof7ZnydEgUfmoXvSg&start_radio=1&t=0)
- Free facts for DIY trivia: [factslides.com/](https://factslides.com/)
- Live animal cameras: [explore.org/livecams](https://explore.org/livecams)
- Mindful Music Moments with the Cleveland Orchestra:  
[youtube.com/results?search\\_query=mindful+music+moments+cleveland+orchestra](https://youtube.com/results?search_query=mindful+music+moments+cleveland+orchestra)
- Tour museum collections: [artsandculture.google.com/](https://artsandculture.google.com/)
- Sing King Karaoke: [youtube.com/user/singkingkaraoke/playlists](https://youtube.com/user/singkingkaraoke/playlists)

# Questions & Answers

**Sarah Dulaney**



**Pam Roberts**



- Please type in your questions, and any tips and strategies you would like to share in the Q&A box at the bottom of your screen
- A recording of this webinar and links to resources described will be available at this website: [memory.ucsf.edu/covid](https://memory.ucsf.edu/covid)

The image features the UCSF logo, which consists of the letters "UCSF" in a white, bold, sans-serif font. The letters are arranged in a slightly overlapping manner, with the "U" and "C" on the top line and the "S" and "F" on the bottom line. The logo is centered within a dark blue square background.

UCSF