

Volunteer-Patient Activities

What do we mean by activities? Keep it simple!

This is often the most difficult thing for caregivers to do. At times, it is hard to get a sense from the patient whether or not they appreciate or are benefitting from you or a loved one's visit.

As caregivers, we need to be confident that our time with this vulnerable population is valuable. Every attempt to keep them stimulated and engaged is worthwhile.

It is hard to know what our patients will enjoy doing. Listed below is a small sample of activities you can use while our patients are in the hospital. Sitting and letting them attempt to accomplish a task or allowing them to listen to your voice while you read aloud is time well spent.

Suggestions

Read aloud the paper, a magazine article, poems, historical facts from their generation

Play music from their country

Show and describe large photos from a picture book

Share something that is brightly colored

Sort playing cards

Bring in something soft or stimulating (an interesting texture) for them to feel

Provide a soothing hand massage

Use the Cognitive Activity Bins in the Supply Room

Brightly colored pegboards

Abacus

Artwork

Activity apron

Plastic interlocking pieces



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