**In-Home Activities Webinar Summary and Resources**

**Key Points:**

* Do your best, be gentle with yourself, prioritize connecting with others
* Consider activities that might be rewarding, relaxing, distracting, refreshing, and connecting
* Observe, adapt, and simplify when helping with daily care
* Explore behavior symptoms as communication

**Resources:**

* Videos on Montessori and household activities for people with dementia: [dementia.org.au/resources/purposeful-activities-for-people-with-dementia](https://www.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://www.discountschoolsupply.com/creative-craft-activities)
* Sit and Be Fit: [youtube.com/channel/UCLgvL3aGzMByecNYtMcyK\_g](https://www.youtube.com/channel/UCLgvL3aGzMByecNYtMcyK_g)
* NIA Go4Life Exercise: [youtu.be/8E8iCYG16ho](https://youtu.be/8E8iCYG16ho)
* Free facts for DIY trivia: [factslides.com](https://www.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://www.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://www.youtube.com/user/singkingkaraoke/playlists)