



inspired Inspirations

Tiny Tablet Table Planner for those with mid-later stages of Dementia

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early AM	Sensory room visits. Sensory activities for those who can't leave their rooms	Hand massage along to Nature Sounds App	Breathing exercises via YouTube or Apps	Sensory room visits. Sensory activities for those who can't leave their rooms	Hand exercise via YouTube or Apps	Breathing exercises via YouTube or Apps	Hand massage along to Nature Sounds App
Mid AM	Music Therapy, watch and listen to favourite singers from the past	Sensory room visits. Sensory activities for those who can't leave their rooms	Music Therapy, watch and listen to favourite singers from the past	Story time, listen to an audio book	Quiz Morning/My House of Memories/ Memory games	Sensory room visits. Sensory activities for those who can't leave their rooms	Live Streaming Religious Services
Early PM	Seasonal Streaming (live stream bird feeders, zoos, spring watch etc)	Group reminiscence afternoon on Google Earth. Visit familiar places	Sensory room visits. Sensory activities for those who can't leave their rooms	Creativity, free drawing, painting by numbers.	Group reminiscence afternoon on Google Earth. Visit familiar places	Replay historic sport events. Favourite boxing/football/rugby/ tennis/cricket etc, highlights	Music Therapy, watch and listen to favourite singers from the past
Evening	Movie night with classic clips from the past	Musical evening on the instrument apps, piano, drums, xylophone etc	Bedroom visits and 121 activities with those unable or not wanting to leave their rooms	Musical evening on the instrument apps, piano, drums, xylophone etc	Comedy Night with comedians from the past	Music Therapy, watch and listen to favourite singers from the past	Relaxation evening, Soothing Sounds and pictures
Night Time	Any activities to calm or relax restless residents, or those who cant sleep, great for 121 time and story telling too.						
Additional activities to include	Video calling, personal learning/interests, 121 living room time, managing any challenging behaviour that may arise, board games, brain and memory training etc etc						

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