



CREATING JOY

An Aging & Adult Services Activity Booklet



M A G

Expert Resources. Enriching Lives.





*“Once she stopped racing through life,
she was amazed at how much more life
she had time for.”*

~ Unknown

The **Creating Joy** booklet is a collection of activities from family, community, and professional caregivers—favorite ways they share joy with those they care for. The activities were compiled for a caregiver event by [Salt Lake County Aging & Adult Services](#). The names of those who provided the activities were not collected. We acknowledge all family, community, and professional caregivers who provided activities.

The photos in this booklet were purchased through iStock.com or are shared through Pixabay.com and Unsplash.com. Please respect the copywrite and work of these photographers by not using their pictures outside of this booklet. Thank You.



The **Creating Joy Booklet** was compiled by
Salt Lake County Aging & Adult Services
Caregiver Support Program
385.468.3280 | TTY 7-1-1 | slco.org/caregiver



For your local Area Agency on Aging visit
MAG Aging & Family Services
mountainland.org/aging
801-229-3804

ACTIVITY CHAPTERS

ARTS AND CRAFTS	Page 4
COOKING	Page 10
DREAMERS	Page 16
HISTORIANS	Page 20
NATURE LOVERS	Page 24
ORGANIZERS	Page 28
PARTY PLANNERS	Page 32
ROMANTICS	Page 36
TECHNOLOGY LOVERS	Page 40
RESOURCES FOR LESS JOYFUL MOMENTS	Page 44
CREATING JOY JOURNAL	Page 46



ARTS and CRAFTS Activities

Arts and Crafts allow those we care for to use hand-eye coordination and practice focus in a creative way. These activities also assist with finding purpose during a long and sometimes confusing day.

These activities can be done with the individuals being cared for, or they can also provide great self-care when the care giver or provider is looking for a fun way to relax.

Social media sites like Pinterest, YouTube, Facebook, Instagram, and others offer a wide variety of options and ideas—go exploring.

Break out the crayons, glue, scissors, clay, and other supplies and experiment with a little joy.

ARTS and CRAFTS Activities

Paper Plate Painting

Items Needed:

- Paper plates
- Paint brushes
- Water-based paint
- A cup of water
- A table cover
- A wet cloth (for hand cleaning)



Activity:

- Clear the table. The activity materials should be the only objects on the table.
- Place the craft supplies in front of the participant.
- Explain that the plate rim is the frame.
- Ask each person to paint a picture using ideas and thoughts from magazines, nature, or things in the room.
- Choose a new paint theme each time the activity is done. Add variety—seasons, houses, trees, fish, etc.
- Paint with the person, as needed, to model the needed actions, skills, or behaviors.
- Be creative, color outside the lines.

Texture Art

Items Needed:

- Paper card stock
- Colored markers
- Macaroni (different types)
- Glue gun
- Magazine pictures
- Small plastic flowers
- Buttons
- Beans
- Other small items



Activity:

- Turn a picture into a textured piece of art.
- Glue pasta, flowers or other small items to the picture.
- Choose a picture from a magazine or a coloring book and find fun items around the house to use as texture.
- Ideas: Glue spaghetti over grass. Glue buttons on clothes or over eyes. Put plastic or dried flowers on a bride's bouquet or leaves on a picture of a garden.
- After the glue dries, add color to the pasta and other items using markers or paints.

ARTS and CRAFTS Activities

Sand Castles a la Picnic or Kitchen Table

Items Needed:

- A beach towel
- Measuring cups
- Dixie cups
- Suntan lotion
- Cooking cutters
- Utensils
- Wet sand in a bowl
- Plastic table cloth
- Beach music



Activity:

- Cover the table with a plastic table cloth.
- Put a large bowl of wet sand in the middle of the table.
- Apply sunscreen and cover the chair with a beach towel to give the activity some ambiance and texture.
- Use measuring cups, Dixie cups, spoons, forks, cookie cutters and other everyday objects to shape sand castles and other fun items on the table.
- Take pictures of the creations and award prizes.
- Play the Beach Boys or other fun music in the background.
- Playdough is also a good substitution for sand.

Stringing Jewelry

Items Needed:

- Large beads
- String or shoe laces
- Buttons
- Lifesaver candies
- Macaroni noodles
- Snacks / Drinks



Activity:

- Practice hand and eye coordination making jewelry out of everyday household items.
- Make a bracelet out of a shoelace and large beads, macaroni, or other items that can be threaded with string.
- Make a necklace using large beads, buttons, and other items.
- Use a theme such as, “we are going to the Oscars” or “we are going to the Prom”. Make necklaces to suit the occasion.
- Play light music in the background.
- Consider having lunch after the activity so the person has somewhere to wear the necklace.
- Be creative and have fun.

ARTS and CRAFTS Activities

Paper Flowers

Items Needed:

- Colored paper
- Old magazines
- Scissors
- Glue gun or glue
- Creativity
- The ability to experiment



Activity:

- Paper art is centuries old and is a fun way to share love, creativity, and gratitude with others. A paper flower says thank you and is also a simple way to decorate for parties. Create a simple bouquet of flowers for a friend who is sad or in need.
- Look at pictures of a favorite flower and its leaves.
- Cut paper into the shape of the flower petals and leaves.
- Glue layers of petals on top of each other to create depth and beauty. A stick or a role of paper can become the stem. Use small youth scissors with those with cognitive impairments and make other adaptations as needed.

The Beauty of Beads

Items Needed:

- Discarded jewelry
- Clothing or shoes
- Old bead necklaces
- A glue gun or glue
- Jewelry from a thrift store
- Donations of old jewelry



Activity:

- Look around the house for old jewelry that no one wants to wear or use anymore. This might include bracelets, necklaces, or rings.
- Find strings of beads in thrift stores, from donations, or at the bottom of the jewelry box. Cut the strings and separate the beads into small containers with lids.
- Use the beads to dress up and renew other pieces of jewelry, a purse, shoes, or a shirt.
- This is a fun activity to do with grandkids and friends. Make clothing and jewelry fun and unique—create your own style.

ARTS and CRAFTS Activities

The Bag Toss

Items Needed:

- Small washcloths
- Needle & thread
- Rice, beans, or grains
- A funnel/spoon
- Masking tape
- Other material and scissors



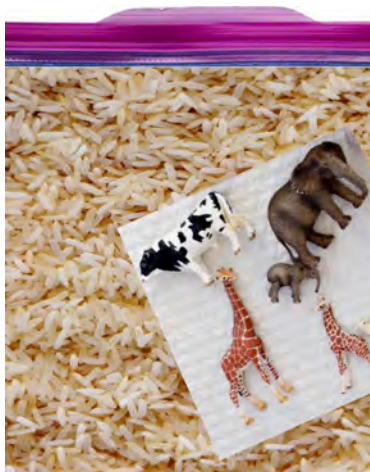
Activity:

- Create or buy bean bags for this activity.
- To make creation simple, use two small washcloths and sew them together. Using a sewing machine, or by hand, sew three sides of two washcloths together. Sew part of the fourth side together—leaving a small opening in one corner to add a filler to the bag.
- Using the funnel and spoon, fill the sewn bag with beans, rice, or other grains, then sew closed the open corner.
- Use the bags to play tossing games—throw them into an empty box, basket, or even onto a towel with tick-tac-toe lines made of tape. Keep score. Award prizes.

The World Discovery Bag

Items Needed:

- Uncooked rice
- Heavy plastic freezer bag (Gallon, with a good seal)
- Small plastic animals
- Doll clothes, shoes, and travel accessories
- Shells, rocks, coins
- Cards or old magazines with pictures of land, oceans, trees, etc.



Activity:

- Open a gallon or quart-sized clear plastic freezer bag.
- Choose a global location (Africa, China, etc.)
- Add a few items that support your global location and place them into the freezer bag.
- Add 2 cups of rice (or more) to the bag. Leave enough room in the bag to allow the rice to be moved around to find the hidden objects.
- Hand the bag to those being cared for and see if they can determine what location the bag represents.
- Change the items in the bag to choose a new location, or simply use the bag as a texture hide and seek game.

ARTS and CRAFTS Activities

The Gift of Origami

Items Needed:

- Colored paper
- Paper money
- Creativity
- The desire to share
- Scissors
- Helpful instructions (as needed)



Activity:

- Origami is the art of folding paper. Unique and colorful options are available in books, magazines, or on a variety of social media sites, YouTube, and other internet locations.
- Start by exploring options and seeing other's designs on the internet or in a book from the local library.
- Choose a pattern and fold something simple—allowing for more complex designs over time.
- Fold items that can be used as gifts, such as a tie or flower made out of money for a high school graduate. Look at invitations for upcoming weddings or other celebrations. What can you fold as a gift or thank you? Have fun folding.

Discovery Through Mask Making

Items Needed:

- Paper or cardboard
- Paper Mache
- Glue gun or glue
- Markers or paints
- Beads, feathers, craft supplies
- A thoughtful moment



Activity:

- Historyofmasks.net and other history websites place the beginning of mask making at about 7000 BC. Masks are used for story telling, rituals, and celebrations. They are also a fun way to share heritage and personality.
- Buy paintable paper or wooden masks or create a blank mask out of cardboard or thick paper. A variety of examples are on internet heritage and history sites.
- Encourage activity participants to create or paint something that represents their heritage, history, or personality. This activity can help people express emotions and concerns that they might not have words for—explore together.



COOKING ACTIVITIES

Cooking allows those we care for to use hand-eye coordination, as well as a full palette of senses. The smell of baking bread or a freshly peeled orange calms and soothes. The feel of dough, a rolling pin, and other tools brings back a sense of wonder and may invoke childhood memories. Cooking together is powerful.

This type of activity is good self-care. Taking time to focus on the many steps of a recipe or meal pushes everything else from the mind. Let those who are receiving care participate as they can. Remember to remove unsafe objects from their participation area.

Open up those old cookbooks, get out the cookie dough, steep an aromatic cup of cocoa or tea, and let the smell of joy waft through the halls of your home.

COOKING Activities

Cream Cheese Mints

Items Needed:

- 8 oz package of cream cheese
- 2 lbs. of confections sugar
- 2 tsp peppermint extract
- 1/2 tsp food coloring (of your choice)
- Sifter, large bowl, wood spoon
- Waxed paper



Activity:

- Make an easy treat for family and friends.
- Sift the confectioner's sugar. Cream together the cream cheese and sifted sugar until smooth and well blended.
- Add peppermint or any other favorite flavoring and stir until well mixed.
- Pinch off small pieces of mix and shape into balls, or form them in a small mold to change the shape and size.
- Place the balls on the waxed paper to dry and allow them to air dry in the fridge for 2 to 3 hours. After they are dry, store them in an air tight container until they need to be served. They can be frozen for future use.

Instant Pudding Party

Items Needed:

- Instant pudding mix
- Milk
- Bowl
- Blender or whisk
- Measuring cup
- Topping choices



Activity:

- Get out a bowl, a whisk, and a carton of milk.
- Following the instructions on the back of the pudding mix, whisk or blend the pudding until it thickens.
- Sit the pudding in the refrigerator for 30 minutes.
- Put individual servings of pudding in small dessert cups, ice cream cones, mason jars, or clear plastic cups.
- Have a selection of toppings handy, such as cracker crumbs, chocolate chips, crushed nuts, and any other household favorites.
- Let everyone decorate or add toppings to their own pudding. If necessary, cover the table with plastic, a towel, or have individuals wear an apron to minimize clean up.

COOKING Activities

Decadent Mini Cakes

Items Needed:

- Cupcakes
- Frosting
- Toppings
- Decorative items
- Blunt knife (pastry or butter)
- Napkins, small plates, and forks



Activity:

- Pre-make or buy plain cupcakes (any flavor)
- Trim the rounded top to make it flat and turn the cupcake upside down on a plate to create a mini cake. Two cupcakes can also be added together to make a double layer mini cake.
- Put the frosting and toppings in small bowls for easy access. If necessary, cover the table with plastic or newspaper. Have individuals wear aprons to minimize clean up time.
- If you don't have cupcakes handy, you can also use a square brownie, a rice crispy treat, or other items as the base for the mini cake.
- Use a theme, such as "Queen for a Day" and turn the decorating adventure into a contest complete with prizes.

The Fondue Festival

Items Needed:

- Fondue cheese
- A fondue or crock pot
- Chunks of bread and veggies
- Pre-cooked meat cubes
- Long handled forks
- Small plates



Activity:

- Put the fondue or small crock pot in the middle of the table, and put the cheese into the pot to melt.
- Provide participants with long handled forks and a plate.
- Place small bowls of various kinds of food on the table—anything that tastes good covered in cheese, such as chunks of artisan bread, pre-cooked meat cubes (ham, hotdogs, chicken), broccoli, or other vegetables.
- Alternative fondue parties might include a chocolate fondue for marshmallows, Rice Crispy squares, or fruit. If safe for all participants, an oil fondue with individual cubes of meat, breaded veggies, and dipping sauces can be a special treat.

COOKING Activities

Dulce De Leche

Items Needed:

- Sweetened condensed milk
- Sugar
- Pastry items
- A reason to celebrate
- Fruit
- A sauce pan



Activity:

- Dulce de Leche is caramelized sweetened condensed milk—a cost effective treat that encourages celebration.
- There are a variety of ways to make Dulce De Leche, but it can also be purchased from a store. It is often made in its can using a pan of boiling water, but safer methods such as boiling the milk in a sauce pan or using an Instant Pot are available. Look up cooking tips on the internet.
- Once cooked, Dulce De Leche can be spread between thin cookies, mixed in brownies or cookies, and/or drizzled over fruit. It makes a great banana breakfast crepe and is the perfect topping or dip for Churros.
- Let those you care for help you spread the sauce on items and take part in the cooking experience.

The Salsa Fiesta

Items Needed:

- Ripe tomatoes
- Green onions
- Fresh squeezed lime juice
- Ripe jalapenos
- Chopped cilantro
- Beans, fruit, corn, or other options



Activity:

- Sometimes a person receiving care needs bold flavored finger foods they can still taste. Salsa is a fun way to get someone to eat while trying new things in small portions.
- Traditional fresh salsa is made using freshly chopped tomatoes, onions, jalapenos (to taste), and fresh lime juice, but salsa simply means “a spicy sauce” that is usually served with corn chips or put on tacos.
- Try making a new salsa using beans, legumes, corn, or fruit like mangos. There are a great variety of recipes on the internet that use everyday food items. Chop, stir, and enjoy!

COOKING Activities

The Social Soup Buffet

Items Needed:

- 3 cans of soup
- 3 small pots
- Can opener
- Fancy bowls
- Spoons and napkins
- A basket of rolls or bread



Activity:

- Invite a few family members or friends to lunch.
- Choose three different cans or small cartons of soup.
- Read the heating directions on the can or carton. Have the person you care for read the instructions, if possible, and assist in heating up the soup.
- Choose three fancy bowls to display the soup in.
- Set the table with fancy bowls, nice spoons, cloth napkins, and glasses.
- Place a basket of bread and butter on the table.
- Serve and eat while having great conversation.
- Bring the party to you. Become the next best café!

The Sipping Station

Items Needed:

- Hot cocoa, cider, or coffee
- Whipped cream, marshmallows, flavorings
- Mugs or tea cups with spoons
- A plate of cookies or pastries



Activity:

- Professional studies show that the act of sipping a warm beverage can lower stress and create a sense of calm.
- Invite a few friends over to sip and be social.
- Get out the good china or fancy tea service.
- Provide a variety of drinks or drink packets.
- Provide small sandwiches, fancy bakery items, or cookies and turn the sipping in to a fancy English Tea Party.
- The activity can be substituted for cold drinks and salty snacks, or milk and cookies. The power is in the socialization and the act of sipping.
- A person has to slow down and relax if they are going to dunk cookies in milk or sip a warm beverage.

COOKING Activities

The Gatsby Challenge

Items Needed:

- A baguette or Hoagie bun
- French fries
- A selection of meats
- Various sauces
- Vegetables
- Anything else you like



Activity:

- A Gatsby is a South African submarine sandwich consisting of a bread roll filled with french fries, a choice of fillings, and sauces. The fun of the sandwich is to put everything in one baguette or bun. Nothing should be outside the bun.
- Place bowls filled with a variety of options in the middle of the table. This should include sauces, veggies, french fries (a must to build the authentic sandwich), cheese, fried or boiled eggs, meats, and anything else you like to eat.
- Invite family or friends to join in the fun and see who can make the most creative sandwich at the table. Take pictures and challenge family and friends to a sandwich building contest. #gatsbychallenge

The Magic Rice Bowl

Items Needed:

- Cooked rice
- Vegetables
- A selection of meats
- Various spices
- A creative soul
- Beans and sauces



Activity:

- There is something magical about rice. It can be paired with almost anything and makes a filling base to a bowl filled with color and spice. Each new experiment with spice transports the eater to a new country, a new culture, or a new flavor explosion. Not all party meals are expensive—get creative with left overs or items in the cupboard.
- Fill one-third of a bowl with rice (choose fun varieties).
- Choose foods of different colors to make the meal bright, creative, and decadent. Items can be stir-fried or cold.
- Visit social media sites like YouTube or Pinterest for ideas.



ACTIVITIES FOR DREAMERS

Dreaming helps caregivers calm a troubled heart and minimize stress. The art of dreaming creates hope and connection—encouraging people to take part in life.

Use these activities to challenge the imagination, think outside the box (or known universe), or simply learn something new.

It's time to get imagination and creativity out of storage and let them run free. Let your mind wander to happier times or spaces. Build up an environment where energy grows and expands until the dreamer has a self-perpetuating fuel source for joy.

Activities for DREAMERS

Plan the Perfect Trip

Items Needed:

- World map
- Small suitcase
- Internet access
- Sticky notes
- Travel magazines
- Blank travel itinerary



Activity:

- Clean off the table so the only things on it are related to the activity—the map, sticky notes, and other supplies.
- Ask a player to name one place in the world they wish they could visit and why.
- Using the internet, determine what it would cost to make the trip (travel and lodging) and what food is most likely to be offered at a restaurant.
- Find out if a travel visa, shots, or medication are needed.
- Discuss details about what to wear, which animals might be encountered, or what souvenirs are available for purchase.
- Determine what to pack—proper clothes and shoes.

The Global Adventure

Items Needed:

- A blow up globe
- Smart phone/tablet
- A few people
- Internet access
- Imagination
- Humor



Activity:

- Sit or stand in a circle with other people.
- Throw a blown up world globe across the circle to another person until everyone has had a turn.
- When the person catches the globe, have them look at their left thumb. They will be from the place where the left thumb is located, or the country closest to it on the globe.
- Have the person announce where they are from and any facts they may know about the country.
- If the person knows nothing about the country, pause and look up the country on a cellphone or tablet. Share a fun fact about the clothes and people.
- The activity is a great geography and cultural learning tool.

Activities for DREAMERS

A Presentation to the King/Queen

Items Needed:

- Dress up items
- Props
- Five creative people
- Hero powers
- A camera or cellphone
- A hero's story



Activity:

- Using items only found in the house, invite a few family and friends to dress up as Super Heroes.
- Sit grandpa/ma in a comfortable chair in a large room, or on the back porch—call the grandpa/ma the queen/king of the day and put a crown on his/her head.
- Have the Super Heroes line up to impress the king/queen.
- Each Super Hero will come before the throne and tell the king/queen what their powers are, and a funny story about how they rescued someone in the kingdom.
- Have the king/queen give out snacks as prizes.
- Use a camera to take pictures to put in a photo album or on a tablet for grandpa/ma to remember on a future day.

The Spy Game

Items Needed:

- Magazine Pictures
- A comfortable bench
- Imagination
- The general public
- Prizes
- People watching space



Activity:

- Sit comfortably in a parking lot, park, airport waiting room or any public space. If you cannot get out, use magazine photos.
- Close your eyes and count to 3. Open your eyes. The first person you see is an undercover spy.
- Looking at the person's clothes, hat, shoes, and other details, create a spy story:
 - Who are they, and where are they from?
 - Where is the assignment? Is it dangerous? Why?
 - Do they complete the assignment? What happened?
- Do the activity individually and tell your stories to each other, or create the spy story as a group each person answering one question about the person.

Activities for DREAMERS

The Dream World

Items Needed:

- Music
- Essential oils
- Imagination
- Sound machine
- A comfortable place to sit
- Air fresheners



Activity:

- Invite everyone to sit in a comfortable seat, or recliner.
- Let those participating know they will be hearing a variety of sound clips or songs, 3 to 5 minutes each.
- Ask those participating to imagine themselves in the place where the music might be played. Ask them to consider who they imagine themselves to be. What are they wearing? How does it smell? How did it make them feel?
- In between songs, have participants share the journey the music took them on. Encourage fun descriptions.
- Use scented oils to make the experience more powerful (The smell of flowers, pine, fresh rain, etc.) *Caution:* make sure to ask participants about allergies before using oils.

Finish the Story

Items Needed:

- Index cards
- A list of questions
- Glue/tape
- Humor/imagination
- Pictures of destinations
- An introduction statement



Activity:

- On one side of an index card, glue or tape a picture of a travel destination, such as a jungle or a city high rise.
- On the other side of the same index card, write an introduction statement. “You are an archeologist returning from a 5 year assignment to the location on this card.”
- Underneath the introduction statement, create a numbered list of questions, such as “What is your name and background?”, “What did you discover?”, “What were your challenges?”, “Who paid for your archeology dig?”
- Have each player answer only one question and then pass the card to the next player. Create the story as a group.



ACTIVITIES FOR HISTORIANS

Connecting to the past brings a sense of purpose and belonging. Why is my name spelled the way it is? Whose genetics most likely gave me my little round nose? Why do Americans put butter on their popcorn? And, why does grandma cut the ends off her ham before she cooks it?

This type of activity helps caregivers and those they care for spend constructive time together—either working on a history project or learning about the history of the world the older parent, friend, or relative once lived in.

Though the study of history may occasionally bring up moments of pain and sorrow, it is also the great finder of joy. It reminds us what we have the power to achieve, survive, and share. It weaves a joyful pattern—the fabric of the human soul.

Activities for HISTORIANS

Cataloging History

Items Needed:

- A list of questions
- A pen
- Scissors
- A notebook
- A container to put questions in
- Tape or a stapler



Activity:

- Create a list of questions you want to know about people, or look for a list on the internet.
- Cut the questions apart, making individual questions, and place them in a jar, box, or other container.
- Put the jar or container of questions in the front room of the person being cared for along with a notebook and pen.
- When people visit the individual, ask them to complete one question and answer session from the container. Have them tape or write the question into the notebook and then write down the answer underneath it.
- The activity will give participants a chance to be social, reminisce, and create a unique history of their life.

The Personality Interview

Items Needed:

- A list of questions
- Online meeting space
- A microphone
- A story line
- A recording device
- A comfortable chair



Activity:

- Determine who needs to be interviewed.
- Record the person's voice on a recorder or cellphone.
- Make the questions asked funny and personal.
- Ask the person to read a favorite children's tale.
- Have them tell a few of their favorite jokes.
- Have them talk about important dates in their life.
- Have them talk about how they overcame challenges.
- What do they want future generations to know?
- What advice would they give a newborn baby?
- What do you want your family to remember about you?
- Save their voice, humor, and emotions for posterity.

Activities for HISTORIANS

The Ancestral Journey

Items Needed:

- A Cemetery
- Cemetery map
- A recorder
- Camera
- Computer or cellphone
- Notepad and pen



Activity:

- Take an older relative on a walk in the graveyard where ancestors are buried.
- Have the individual show you where family is buried.
- Ask the individual about their memories, or other's stories they know, regarding each ancestor's life.
- Record the answers or take notes in a notebook.
- Share the findings with other family members.
- Do a recorded interview at each ancestor's headstone and put it in a digital file.
- Consider making multiple trips and sharing the experience as a live digital cellphone event for family to witness.
- Consider pre-planning so you can take along a picture of the individuals that will be discussed.

The Memory Lane Game

Items Needed:

- Old photo album
- Time
- Internet access
- Snacks
- Computer or cellphone
- Notepad or recorder



Activity:

- Look through a family member or friends photo album.
- Choose a picture that seems to share a story.
- Have the person who owns the album explain the picture.
- Ask them about the place, colors, sights, sounds, and scents of the story behind the photo.
- What memories did the discussion bring up? Take notes if you can for posterity or history.
- Exchange places and have the person ask about a photo in one of your photo collections or archives.
- Share the details of a moment in time—a moment someone found important enough to capture.

Activities for HISTORIANS

The “When You Were a Teenager” Game

Items Needed:

- Humor
- A list of questions
- Silly subjects
- Courage to ask
- Courage to tell
- Time to share



Activity:

Interview an older person in the family, asking them “When you were a teenager... “

- What was school like? Did you wear uniforms?
- What was your first job? Did you like it?
- Did you own a car? Ride a bike? Take the tram?
- Who was your first love? Did they break your heart?
- What was day-to-day life like?
- Modify the game by asking “guessing game” questions to create humor. Example: “When you were a teenager, did you ever work for the circus? No. Hmm, did you work at the local gas station? Yes? Really?” Be outrageous. Have fun.

Holidays and Family Traditions

Items Needed:

- Questions
- A notebook
- Old photo albums
- Recipes
- Curiosity
- Internet access or cellphone



Activity:

- What kind of traditions does your family celebrate?
- Pick a tradition and ask friends and family to join in the discussion, either virtually or in person.
- How did each tradition start? Why?
- Was it a national holiday? Or something created?
- What food do you eat? Can you cook or make it?
- Ask someone to teach you how to make a traditional recipe—the way the older generation did.
- What are the most important or touching parts of the tradition for each person in the discussion?
- Why is it important to you now?
- Create photos or a history of the tradition for posterity.



ACTIVITIES FOR NATURE LOVERS

Those who provide care often define self-care or time off as being “lazy”. Guilt overwhelms many individuals and they are unable to arrange for a much needed break. Today, you have permission to be lazy.

A lazy day, especially out in nature, symbolizes renewal at every level—a time to fully and deeply detox the mind, cleanse the heart, reopen the senses, and relax the weary and overwhelmed muscles of the soul.

If going out into nature is not an option, bring home videos and books on nature, animals, and the Earth. Studies by Harvard University and others show that people interacting with nature show an improvement in mental health and stress levels—even if that nature viewed is in video or picture format. Let the earth’s beauty and majesty add a little joy to everyone’s day.

Activities for NATURE LOVERS

Animal Watching

Items Needed:

- A large window
- Bird feeder/seed
- Snacks
- Binoculars
- Animal feed
- A cool drink
- A chair or bench
- Pictures of animals
- Animal identification booklet



Activity:

- Determine where animals will be viewed—in a magazine, out of the front room window, at a park/zoo, or even off the back porch in a lawn chair.
- Set out a small table for snacks, binoculars, a drink, and maybe even an animal or bird identification booklet.
- Set up a bird feeder or a plate of other animal feed outside the window. Keep notes in the notebook about who comes to share the plate of food.
- Tell stories about where the animals have travelled or what they might see on their journeys—give them fun names.
- Record how many times the same animal comes to visit.

The Homemade Bird Feeder

Items Needed:

- Empty toilet paper roll
- Thick stick/branch
- A mixture of seeds
- String
- Binoculars
- Honey or peanut butter



Activity:

- Choose either a thick branch or an empty toilet paper roll.
- Put a sticky substance like peanut butter or honey on a small section of the item you chose.
- Roll the sticky branch or toilet paper roll in mixed bird feed or seeds.
- Using string, hang the item on a tree, poll, or cloth's line outside a large window.
- Set up a safe and comfortable viewing station.
- Use binoculars or simply sit and enjoy the birds as they stop to feed.

Activities for NATURE LOVERS

Gardening with Grandparents

Items Needed:

- Back yard
- Local garden
- Public garden
- A few hours
- A recorder
- Curiosity and questions



Activity:

- Schedule a play date with grandparents.
- Have them take you on a walk around a garden.
- Share the names of the plants, trees, and flowers.
- Ask them to describe a garden they had when younger.
- Ask questions about how to plant items and when.
- Ask them if they have fun memories around gardening as a child. If they ever saw a snake, or if they were startled by a worm. Record their answers to share with others.
- If the person you are helping can't walk around the backyard, simply view the garden and ask the same questions.

The Park Bench Tour

Items Needed:

- Local parks
- A pillow or cushion
- Snacks
- Park benches
- A bottle of water
- A camera or cellphone



Activity:

- Make a list of local parks and set up a tour schedule, such as one visit a month or week.
- Take a picture of those you care for on a new bench every time a park is visited.
- Post each visit on social media, a family blog, or send it via text to family cellphones. Include a caption about the beauty of each park.
- Consider printing the pictures into a binder. Over time, the photos and park visits will create a travel magazine, and give your care receiver something to share with visitors.

Activities for NATURE LOVERS

The Internet Zoologist

Items Needed:

- Internet Access
- A little bit of time
- Animal websites
- A desire to learn
- Computer or cellphone
- Questions about animals



Activity:

- Nature is relaxing, creative, and surprising.
- Open your internet browser and use the search bar to find videos and channels about animals.
- Ask YouTube or other search sites to find possible options. Requests can include words such as, “world’s deepest ocean creatures”, “frogs of the Amazon”, or “Rare and unique animals of Madagascar”.
- Choose one of the options and watch a video on an animal’s life, activities, and habits.
- Various apps such as YouTube, National Geographic, zoology dictionary, and others exist for cellphones. Use them to distract those being cared for while travelling.

Wabi Sabi Photography

Items Needed:

- Decaying items
- Cracking paint
- Old leaves
- Creativity
- Old items in the garden
- A camera or cellphone



Activity:

- Wabi Sabi is a Japanese art form that focuses on finding beauty in imperfection and decay.
- Go on a walk or take a drive in a new part of town.
- Take pictures of the odd, unique, and decaying items—such as a fallen tree, mud puddles, or something abandoned.
- Look at the item through the camera or cellphone lens in at least three different ways before taking the picture.
- If you wish, ask those you care for to come with you and help you decide what pictures should be taken, and at what angles?
- Slow down and savor the moment.
- What beauty was discovered during the journey?



ACTIVITIES FOR ORGANIZERS

Organization is a skill, but it is also a preferred way to approach life. Some individuals love simplicity, matching items, and just working through a chaotic mess. These individuals really benefit from activities that allow them to use hand-eye-coordination, sorting skills, and matching games.

Organization activities are also a fun way to feel accomplished, no matter how small the task. For example, if a person sorts a small jar of bolts, marbles, or candy, they can quickly see their success. Feeling accomplished can lead to hope and connection—improving the mood of the participant.

Celebrate the joy of simplicity, the joy of fine clean lines—go ahead, get organized.

Activities for ORGANIZERS

Busy Hands

Items Needed:

- Laundry basket
- Pairs of socks
- Shirts
- Pants
- A table and chair
- Towels
- Washcloths
- Other items



Activity:

- Fill a basket with unused clothes items that might normally be given away.
- Keep the basket, items unfolded, in a closet or cupboard.
- When the person being cared for is fidgeting or needs something to do, get the basket out and ask for help.
- It is helpful to put the items in the dryer for one minute before folding, to give the clothes a warm, fresh feel.
- If the person has dementia, a little assistance or modeling may be necessary. Do the activity with them.
- After things are folded, thank them for their help, make them feel good about what they can do. Put the basket away in the closet until it is needed again.

Clipping Coupons

Items Needed:

- Newspaper ads
- Advertisements
- Envelopes
- A marker
- Simple scissors
- A table and chairs



Activity:

- Invite your care receiver to join you in preparing to go shopping.
- Show the person a stack of blank envelopes.
- Explain that the two of you need to label the envelopes by shopping subjects (Food, cleaning supplies, drinks, etc.)
- Label the envelopes.
- Let the person cut coupons from the provided newspapers and advertisements and sort them into the appropriate envelopes. Thank the person for assisting you.
- Take the coupons shopping on your next trip. If possible, take the coupon clipper with you, so they can see how much money was saved.

Activities for ORGANIZERS

The “What is THAT?” Game

Items Needed:

- Dark, pliable bag
- Packets of ketchup
- Household items
- Baby items, rattles
- Soap, hairbrush, perfume
- Bag of rice, beans, or flour



Activity:

- Find a dark travel-sized pillow case, or another small and pliable bag that hides the objects inside.
- Place household items in the bag and close it.
- The bag can hold more than one item from the same location, or more than one item with the same texture. Examples: A toothbrush, floss, and small toothpaste. Or, large and small buttons or beans.
- Hand out the bags to people sitting around the room.
- Ask participants to guess what is in their bag and what room of the house it belongs in.
- Whoever guesses the item and where it belongs could receive a small prize.

The Activity Reward Chart

Items Needed:

- Shoes
- Polishing supplies
- A mess to clean up
- Recycle boxes
- String and newspapers
- Unorganized closet



Activity:

- Find tasks that those you care for can do, such as sweep the sidewalk, fold the laundry, carry their dishes to the sink, or tie up a bundle of magazines.
- Create a reward chart, giving a specific point value to each task. Issue rewards for each task completed.
- Ideas for rewards might include: 5 points means we get an ice cream cone. 10 points means we get to watch a movie with fresh popcorn. 15 points means the person we care for gets to go for a ride through a local or State park.
- Mark off the points earned on a chart to show progress and build excitement. Encourage and reward activity.

Activities for ORGANIZERS

Matching Pairs Game

Items Needed:

- Two of everything
- plastic toys
- Bolts
- Rubber bands
- Playing Cards
- Erasers
- Dice
- Bag or container



Activity:

- Get out a quart-sized freezer bag or a small container.
- Fill the container or bag with pairs of small items.
- Choose everyday items the player might find more familiar.
- Give the player the bag of items.
- Ask the person to match up the items as pairs.
- If it is really easy, try adding a timer and seeing who can do it the fastest—or create a bag of more difficult pairs.
- The pair does not need to be two like items. It can be two items that work together to achieve a purpose, such as a toy car and small toy person or a paper clip and a small piece of paper.
- Help those being cared for stay active.

Nuts and Bolts

Items Needed:

- A large bolt
- 4 to 6 nuts that fit on the large bolt
- A table and towel
- A comfortable chair to sit on



Activity:

- Buy or find a large bolt and 4 to 6 nuts that fit on the bolt.
- These items may be found at a hardware store, by asking friends, or out in the box of unused items in the garage.
- The activity is helpful for those who need to work on dexterity or may have an advancing cognitive impairment.
- Have the person you care for screw all the nuts onto the bolt. If the person needs more instruction, model the movements or behavior you want them to try.
- Have them reverse the activity and take all the nuts off of the bolt.
- Sometimes the hands of those being cared for just need to stay busy—using movement and enjoying textures.



ACTIVITIES FOR PARTY PLANNERS

Party planning helps caregivers and those they care for to find hope in upcoming social events.

Events can be small, intimate and cozy, or they can include a larger circle of family and friends. Always adjust the size of the event to support the current health and wellness of those participating. For example, a person with dementia or a chronic illness may need smaller gatherings with less noise or movement.

Make the everyday a little more creative, a reason to celebrate and enjoy life. If you are missing the social whirl, create some of your own. Become your own social power generator—create your own joyful and joy-filled environment.

Activities for PARTY PLANNERS

Finger Foods in the Park

Items Needed:

- A carry out tray
- A table cloth
- Decorations
- Bottled water/drinks
- Snacks cut into bite-sized portions
- Special dinnerware and utensils.



Activity:

- Pack a picnic tray or basket with favorite snacks and drinks.
- Go to a local park (reserve a table if needed)
- Decorate the table with a tablecloth, flowers, theme decorations or other items—make it special.
- Use a tea set, or special plates, cups and utensils to make it feel like a well-planned day out.
- Talk about your favorite memory associated with the snacks or being outdoors together.
 - When was the first time you ate potato chips?
 - What is your first picnic memory?
 - Did you take snacks like these in a lunch bag?
 - Did you ever dream of opening a restaurant?

The Bubble Festival

Items Needed:

- Liquid dish soap
- Bubble wands
- Karo syrup
- A spoon
- Glycerin
- Friends and family



Activity:

- Buy a bottle of bubbles at a local store.
- You may also create a bubble solution. Various easy recipes exist on the internet. They usually include liquid dishwashing soap, glycerin, and Karo syrup.
- Put the wand in the bubble solution. The larger the wand, the larger the bubbles will be.
- Move the wand through the air.
- Try to catch the bubbles on a spoon, or in your hand.
- Try to create the biggest bubble.
- See how far a bubble can travel.
- Enjoy a trip into the wonder of childhood.

Activities for PARTY PLANNERS

The Thank You Wrap Up

Items Needed:

- Wrapping paper
- Glue stick
- An item to wrap
- Comic strip paper
- Scissors
- Colored ribbon, flowers, etc.
- Paper decorations
- Tape
- Small thank you items



Activity:

- Ask your care receiver to help you wrap little presents for those who help the two of you with care assistance.
- Choose an item for someone you wish to thank.
- Thank you items can be small, food oriented, or just a box with a note inside that thanks the person for their help.
- Take time to make each small present special.
- While wrapping the items, hold a conversation:
 - What was the best package you ever received?
 - What was your favorite present?
 - What is your favorite wrapping materials?
 - Who else should we give a thank you gift to?
- Take it slow, and enjoy the process.

Meals on the Move

Items Needed:

- Take out meal
- A car
- Time to relax
- Drinks with lids
- Wet wipes
- A meal tray



Activity:

- Choose a local place you have not visited before—a rest stop, the capital building parking lot, a pull out on a hillside, or try a car hop diner for fun.
- Pack a box lunch or get take out.
- Drive to the new place. Stay in the car where it is safe, warm, and comfortable.
- Serve lunch with the windows open, listen to and describe the sounds you hear while eating.
- Talk about the details you noticed on the drive.
- Ask if the person used to visit outdoor or car hop diners.
- Enjoy the details and take time to relax.

Activities for PARTY PLANNERS

The Any Day Celebration

Items Needed:

- Tablecloth
- Silverware
- Napkins and napkin rings
- Dishes
- Fancy cake
- Theme decorations



Activity:

- Find a reason to celebrate—any reason, such as someone getting good news after a medical test, staying positive for three days, completing five tasks, or simply just being able to get up and face the day.
- Choose a table runner or tablecloth that makes the participants happy, and decorate the table with the good dishes, silverware, and glasses.
- Make the table setting special by adding small gratitude notes, flowers, garland, small battery operated candles, etc.
- Invite the person you care for, or others, to the celebration with a formal note or invitation.
- Provide a simple meal or pot of tea with fancy hors d'oeuvres or cakes to share the joy. Celebrate life.

The Old Fashioned Family Dinner

Items Needed:

- An invitation
- A theme
- Conversation questions
- A table
- Meal choices
- Drinks



Activity:

- Choose a theme, such as “All Things Pineapple”, “John’s Garden Cafe”, or “Chinese Heritage Night”
- Create invitations that match the theme and invite 6 to 8 family members to attend.
- Place all the food in the center of the table so everyone can share, pass the bowls around, and choose what they want.
- Have each person share a favorite memory from their childhood and hold a feast for the tastebuds and your social intellect at the same time.
- Invite others to help you plan and decorate for the event, encouraging others to use their talents and creativity.



ACTIVITIES FOR ROMANTICS

The old definition of romance is to be adventurous, idealistic, and passionate about life. It is the art of creating memorable moments and other “snap shots in time” that burn themselves into the heart.

Romantic individuals need to know they matter—that they are connected to the world and people around them. To those with a romantic soul, dinner is best served under candlelight, as if the very stars watch over the meal and everyone at the table.

Romantics love the celebration of life’s amazing and profound moments. With just a few tweaks to the average event, a little romance can be added to create a whole new level of joy.

Activities for ROMANTICS

Re-enact a Favorite Moment in Your History

Items Needed:

- Vintage photo
- Famous photo
- Camera or cellphone
- Humor
- Old clothes
- A little imagination



Activity:

- Choose a vintage photo from the life of the person you care for, or from a moment in your shared history.
- Re-enact the photo. Do the same pose, in the same place if possible. Or, recreate the place close to home.
- Find vintage clothes at a discount store that looks similar, or find the original outfit in the back of your parent's closet.
- Create a side by side, or then and now, photo comparison to share with family and friends.
- Take time to learn about the original photo and why it was taken. Example: if the photo was taken on the way to an ice cream shop, then stop for ice cream on the way home from the photo shoot. Complete the journey.

“I Choose” Caregiver Coupons

Items Needed:

- Paper
- Ribbon and glue
- Other decorative items
- Pens (various colors)
- Coupon ideas
- A basket to hold the coupons



Activity:

- People often ask, “how can I help you?”. The “I Choose” coupon activity is a way of assisting people to show you that they love you through simple actions.
- Create homemade coupons and place them in a bowl by the front door. Let people know they are there, and that they can choose a coupon from the bowl to share their love and concern for you.
- Coupons might include:
 - I choose to provide one home cooked meal.
 - I choose to give you a hug.
 - I choose to build a puzzle with you.
- Give people fun creative ways to support what you do.

Activities for ROMANTICS

The 10-Minute Romance Novel

Items Needed:

- Ideas
- Humor
- Pictures that inspire stories



Activity:

- Create the beginning, middle and end of a romance novel in under 10 minutes. Use a picture as inspiration if needed.
- Ask a group of people to join you either in person or online. Set a timer for 10 minutes and have one person start the story... “It all started on a rainy day in Paris...”.
- Ask the participants to come up with the next sentence. Throw out fun plot twists to add to the humor and outrageousness of the novel’s plot.
- Everyone should be watching the timer count down. The participants must end the novel on time. The last person wraps up the story, such as “and 80 years later the man still wonders what happened to his red umbrella. The end.”
- Try this same activity with other book genres such as a murder mystery, a sci fi fantasy, or other creative options.

The Happy Hugger

Items Needed:

- Ability to give a hug
- Permission to hug
- A desire to make people smile



Activity:

- Ask someone if they would like a hug. If they say yes, give them a hug. The game can also be started by simply saying, “I need a hug, does anyone have one to spare?”.
- Ask them to go find someone who wants or needs a hug.
- Ask each person you hug to continue the hugging game with someone they know.
- Keep the hugging option moving around the room or across the neighborhood.
- Individuals with dementia may need to see you hug someone else before allowing you to hug them.
- Always make sure that you ask people for permission when offering a hug or other physical contact.

Activities for ROMANTICS

The Beauty of Life Game

Items Needed:

- Vacation pictures
- Nature sounds
- A drive in nature
- Nature magazines
- Public TV or nature channel
- Free nature calendar



Activity:

- Choose a picture of nature, family, or the earth.
- Share the picture with the person you care for, or with a small group of friends.
- How does the view/picture make you feel?
- What does the view/picture symbolize for you?
- Does it bring back a memory or a special life moment?
- Describe everything that you find beautiful about the view/picture.
- Where does the picture make you want to travel?
- Share and focus on the beauty of life.
- This activity can also be done on a drive through nature.

One Powerful Moment

Items Needed:

- Family photos
- Comfortable chairs
- Old videos
- A quiet moment
- Snacks and drinks
- A desire to learn about others



Activity:

- Find a family photo that looks like it has an important story.
- Ask the person who owns the photo to re-live the moment.
- When was the photo taken? At what event?
- What is the powerful moment that it captured?
- What do you remember about the event/moment?
- What did the room look like? Smell like? Sound like?
- Example—This is the day my daughter got married. It was the last time I danced with my grandmother. The room smelled like roses and enchiladas. Her hands felt like soft leather from years of cooking and dishes. She was...
- Want a new memory? Create a moment to remember.



ACTIVITIES FOR TECHNOLOGY LOVERS

Technology is instant and powerful. Those who love instant connections, lightning speed answers, or asking lots of random questions can benefit from games and activities that include technology.

Technology tools, such as social media sites, Zoom, WebEx, cellphone texting, and other apps can be used to instantly shorten the distance between us and those we love.

Technology can be a caregiver or care partner's best friend—sharing and caring at lightening speed—instant joy in just one click.

Activities for TECHNOLOGY LOVERS

The Photo Caption Game

Items Needed:

- A cellphone picture
- Humor
- Willingness to communicate
- Fun ideas or themes
- Creativity
- Support for texting needs



Activity:

- Take a picture of what you are doing, whether that is eating lunch out, walking the dog, or baking a cake.
- Create a group text on your cellphone, make sure to include older relatives who need a little more social communication.
- Send the picture to the text group.
- Ask others to give your photo a funny caption.
- Ask everyone who participates to reply so the older relatives get to see the chain of funny responses.
- Teach older relatives how to respond and share in the fun.

The 10 Text “Plot Twist”

Items Needed:

- Creativity
- Internet Access
- Computer or cellphone
- An imagination
- A family group
- Willingness to participate



Activity:

- Create a group text of family and friends. Include those who might need a little extra outreach and support.
- Explain the purpose: “This story is to entertain grandma with our creativity. Starting with my next text, the story must start and stop using only 10 texts.”
- Send the first story text: “Once upon a time in a town in the Virginia hills...”. Others will respond with details and the plot—Text 2: “lived an old man with a thin beard.” Text 3: “Unknown to his neighbors, he was a double agent.” Text 4: “But that was before...”
- If you wish, send a photo with the first text to give everyone ideas and inspiration. Have fun! The funnier and more outrageous the better.

Activities for TECHNOLOGY LOVERS

Techno-Scavenger Hunt

Items Needed:

- A team leader
- Creativity
- List of normal items
- Cellphone/tablet
- Internet
- Willingness to participate



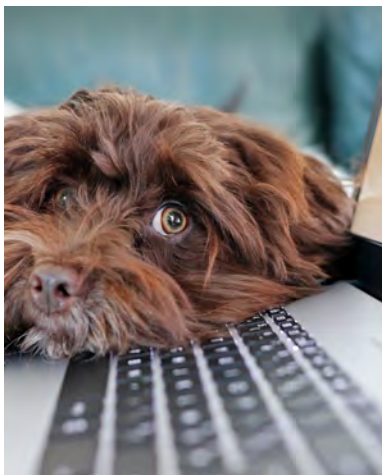
Activity:

- Send a phone text asking a group of friends or family to participate in a scavenger hunt, including the first item, such as “shampoo”.
- The first person to find the item would then be asked to assign out the next item, such as “a whale”.
- Participants would then look to find the next item and continue the game.
- Choosing fun items can make the game interesting. If the item is “a whale”, people can respond with a picture of a stuffed animal whale, a picture from a magazine, or a picture of a whale bumper sticker, a greeting card with a whale on it, or any other whale item.

A Little Slice of Life

Items Needed:

- Tablet or Laptop
- Ability to take pictures
- Someone to visit



Activity:

- Many people have family or friends in a care center or assisted living. The thing the person in the center misses most is the day-to-day connections. Sometimes, just a few pictures of the family cats, family doing silly poses, or other normal moments can bring a joy that nothing else can.
- Take pictures of normal things around the house and download them onto a tablet or laptop—something with a slightly larger screen.
- Take the tablet/laptop with you and go visit family or neighbors living in a facility.
- Show the person you visit the pictures. Tell stories. Help them feel connected to those they can not go see or visit.

Activities for TECHNOLOGY LOVERS

The Living Room Concert

Items Needed:

- A cellphone
- A TV with USB
- Internet access
- A thumb drive
- An imagination
- Digital music clips



Activity:

- Older generations usually have a moment in time that is associated with a particular song or type of music.
- Interview an older relative or ask other family members to share all their favorite songs and associated stories.
- Create a digital library of those songs on a thumb drive or a tablet. Some music may have videos on YouTube.
- Share the music collected on the TV screen, or add fun to the event by asking the family to do a lip sync contest while the music is playing.
- Dress the performers up like the original band/performers and serve snacks from the same era as the music.

The “Old Hometown” Tour

Items Needed:

- A cellphone
- A map
- Camera
- Old addresses
- Photos of the old neighborhood
- Creativity



Activity:

- Ask your older relatives to give you a list of the shops and places that they remember from their old home town.
- Take a road trip to visit the places the person gave you.
- Take current pictures—maybe a picture of you eating a donut in the old diner. Take a picture of the city signs, the old movie theater, or anything else of interest.
- Send a few text messages each day with a photo of old shops that exist—or a picture of what stands in its place.
- Bond with your older relative by sharing a journey into their life, and showing them that their story and life matter.
- If a road trip isn't possible, find old and current pictures of the old home town on the internet to share together.

The Reality of Providing Care for Others

Some days, joy may be a little difficult to find—and the energy to create joy may be low and hard to generate. When caring for others, sleep can be inconsistent and emergencies tend to redirect the best made plans. In all honesty, providing care for others can cause fatigue in the most organized and skilled caregivers. It is important to acknowledge that low energy is a normal part of the care process. Not all days or weeks go well. Challenges can be instant, constant, and complex.

Think about the meaning of the verb “to enjoy”. To enjoy something a person must choose to participate in and open the human heart to joy. Sometimes a person feels unworthy of joy, or is simply too fatigued or tired to experience it. Today might be a “take a nap day” or a “go to the hospital day”. Let each day have its place. And remember, if self-care is practiced more regularly and care challenges are shared, “JOY” will have a better chance at finding its way home.

In order to find joy, every person who provides care should take a moment to breath and reflect on the reality of their care situation.

Start by acknowledging the degree of difficulty YOUR care environment creates—be honest. A person can only progress, find support, and provide care from where they are, not from where others think they should be.

Here are a few questions to consider:

- How do I really feel about caring for others?
- Am I managing care with the help of others or am I trying to do it all myself?
- Am I playing a supporting role or am I trying to make all the decisions for those I care for?
- How do I feel physically? Tired? Hurting?
- How am I holding up mentally? Am I having trouble making decisions?
- How well am I handling the emotional challenge? Am I kind and patient with myself?
- Do I practice self-care? How often?
- Am I asking too much of myself? What can I let go?
- Who can I talk to about my care situation and concerns?

“I will breathe. I will think of solutions. I will not let my worry control me. I will not let my stress level break me. I will simply breathe. And it will be okay.”

~ Shayne McClendon

An unknown author stated, “Never let a bad day make you feel like you have a bad life”. Maybe the answer to one of the questions above depends on the moment, or the way a person feels TODAY. Tomorrow might be different. Getting through today and enjoying tomorrow is okay. Remember to share concerns with others, ask advice, and explore options.

Resources for LESS JOYFUL Moments

Resources to Consider

No one needs to go through the struggles and challenges of their life alone. There are a variety of low-cost, private pay, free, and insurance services available. Asking for help shows courage. Talking with trusted individuals and service providers can relieve the burden and the stress.

Take time to research trust-worthy sources. Hospitals, disease associations, government organizations such as Aging & Adult Services, the 211 organization, and a doctor's office can assist in finding reliable resources and services.

Try one of the following resources. The websites and office staff can provide a wide-range of information about national, state, and local services.

“We overthink happiness. Keep it simple. There is something good in every moment, find it and keep your focus there.”

~ Kristen Butler

- **National Suicide Prevention Lifeline (24/7/365)**
1.800.273.8255 (hearing), 1.800.799.4889 (non-hearing), or suicidepreventionlifeline.org
- **National Alliance on Mental Illness (NAMI)**
Mentor Help Line: 1.800.323.9900 or namiut.org.
- **Alzheimer's Association (National)**
Offers a 24/7 Helpline for those caring for individuals with Alzheimer's and other dementias. Helpline: 1.800.272.3900 or visit alz.org.
- **Area Agencies on Aging (National AAAs)**
Visit the Eldercare.acl.gov website and add a zip code number for the area service is needed. The database will show the Aging & Adult Services assigned to that zip code.
- **Area Agencies on Aging (Utah AAAs)**
Visit daas.utah.gov/locations.new/ to find the location of any Utah AAA.
- **211 Information and Social Services Hotline (National and Utah)**
Dial 2.1.1 from any State in the Nation, or visit 211utah.org.
- **Hope4Utah Hotlines by County in the State of Utah**
Call 1.801.587.1055 for immediate assistance, or visit hope4utah.com/Utah-suicide-hotlines.
- **The Huntsman/University of Utah Warm Line**
Get help with crisis response or emotional support. Not every call is a crisis, sometimes a person just needs to talk and let a burden go. Call 801.587.3000.
- **Nowplayingutah.com**
A website that offers local classes, events, support, and much more throughout Utah. Go exploring. Find a new support system that can help rekindle your ability to create joy.

“Creating Joy” Journal



Printing of The Creating Joy Booklet sponsored in part by AARP Utah
www.aarp.org/home-family/caregiving/



The **Creating Joy Booklet** was compiled by
Salt Lake County Aging & Adult Services
Caregiver Support Program
385.468.3280 | TTY 7-1-1 | slco.org/caregiver



For your local **Area Agency on Aging** visit
MAG Aging & Family Services
Serving Utah, Wasatch & Summit counties
mountainland.org/aging
801-229-3804

Information for other locations:
eldercare.acl.gov (USA)