Gift ideas and activities for people with dementia and older people

‘Meaningful activity is essential to a person's wellbeing and gives purpose and enjoyment to their day’
**Why activity is important**

Meaningful activity is essential to a person's wellbeing and gives purpose and enjoyment to their day.

Benefits of activity includes: mood is lifted and alertness increased, memory improves, social contact, self-expression, and sense of purpose and belonging are maintained or regained (College of Occupational Therapists).

Encouraging someone with dementia to do something creative or take part in an activity helps them to realise their potential, which improves their self-esteem while reducing any feelings of loneliness.

Meaningful activities are those that engage the person’s attention and connect with their interests. These include:

- **Mental Stimulation**

  Providing activities that engage the brain is good for all of us, and all the more so for people with dementia. In fact, some research has suggested that a structured activity program can slow down the progression of Alzheimer’s or even improve cognitive functioning immediately and up to three months following the activity program.

- **Physical Activity and General Health**

  Some activities involve physical movement, which can benefit the body and the brain. Remaining physically active can prevent other health problems and maintain daily functioning and mobility.

- **Social Interaction**

  Activities facilitate socialisation, an important aspect of mental health. If people don’t have the opportunity to interact socially with each other, they can feel lonely, isolated or depressed.

- **Improved sleep habits**

  Activities can provide a routine for the day, which can in turn improve sleeping at night. If a loved one sits in a chair all day and does not participate in any type of activity, it’s likely she’ll fall asleep several times throughout the day. This dozing off can interrupt good sleep patterns since the person received some of their sleep during the daytime naps. Providing activities, and ones that engage and have meaning for the individual, helps minimise napping during the day and encourage a better night of sleep instead.

- **Improvement in self-esteem**

  How people feel about themselves often takes a beating when someone has dementia. Especially in the early stages when people are aware that they are having memory problems, feelings of incompetence, depression and anxiety are common. Offering someone an activity to do can be an encouragement to them by giving them something to do by which they can experience success and enjoyment.
• Decrease depression and anxiety

Engaging people with dementia in activities can reduce symptoms of depression and anxiety.

• Carer’s benefit

If the benefits listed above are not enough to convince you that meaningful activities are important, consider the benefit the carer experiences. If your loved one is actively engaged, you will spend less time responding to problematic behaviors and more time enjoying positive interactions with your family member.

Activities to consider are: reminiscence, life history work, musical activities, cognitive stimulation, therapeutic activities, social activities, art activities, relaxation, communication, creative, exercise and physical, spiritual and sensory.

If you care for someone who has dementia, a shared activity can also give you a chance to do something that makes both of you happier and able to enjoy quality time together. On the other hand by giving someone you care for an activity to do, you can have a well-deserved break and do something you enjoy whilst they enjoy the activity. Even if it is just having a soak in the bath or watching your favorite TV programme.

If you are a care professional, we make things easy for you, by providing a one stop shop for adult appropriate and meaningful activities. All of our activities have been tried and tested for their suitability for people with dementia and our customers include care homes, hospitals, day centres, prisons and dementia support groups. You can order off our website and we can dispatch your items immediately to the address of your choice. However, if you prefer to pay by purchase order and/or invoice, just email us at mindful.gifts@yahoo.com

Most of our activities are available from our new Darlaston shop or from our website www.mindfulgifts.co.uk or by emailing mindful.gifts@yahoo.com

We also have a range of daily living aids such as pill dispensers, medication reminders, motion detectors, care monitors, talking watches, day/night clocks and assistive tableware. These are available in a separate leaflet and on our website.

We also provide a range of services through Mindful Support (Part of Mindful Gifts CIC). This includes: Peer Support groups, Activity Sessions, Reminiscence Sessions & Training. Contact mindful.gifts@ayhoo.com for more details.
**Art Activities**

Art is a wonderful way to encourage social interaction, dexterity and cognitive activity. Art activities can also be very therapeutic and not only give the person a sense of achievement but can also help prevent boredom which can lead to depression. Although activities such as painting do not slow the progression of dementia, activities do improve wellbeing and quality of life.

**Aquapaint £14.99 (4 to choose from)**

These are one of our best sellers! Aquapaints enable the individual to paint with just water giving them an instant sense of achievement.

**Paint Project £12.50**

This book enables individuals to colour with crayons, felt pens or paint adult appropriate pictures. Pages can be photocopied for care homes etc.

**Cognitive Stimulation**

Appropriate activities are an important part of an overall therapy plan for people who have dementia or Alzheimer's. Games, toys, puzzles, and other fun things not only provide a pleasurable diversion, but there is evidence that activities that are cognitively stimulating might even slow the progression of Alzheimer's disease.

**Jigsaw Puzzles (11 Large Pieces) £16.99 each**

This is a great activity for those who like to do jigsaws puzzles but need large pieces. 8 jigsaws to choose from.
Therapeutic activities

Activity is essential to a person's wellbeing and gives purpose and enjoyment to their day. Therapeutic aids are great for fidgeting, keeping hands busy as well as for stimulating the mind and blood flow. Which in turn is great for a person's working memory.

Tangle Therapy (For Hand and Mind Wellbeing) £12.99

This is great for people who may fidget, get anxious or stressed.

TwiddleMuff £39.99

Twiddle™Muffs are great for people who fidget and need to keep their hands busy. We also have TwiddlePup, TwiddleCat & TwiddleSport

Relaxation activities

Star Projector Sound Cube £21.99

Plays relaxing lullabies and nature sounds with colour change projected lighting effect. Helps relieve stress and the effects of tinnitus.

Soothing Sound Mood Light £21.99

Plays relaxing nature sounds with colour change lighting effect. Helps relieve stress and the effects of tinnitus.

www.mindfulgifts.co.uk
Communication Activities

Let's Talk! £24.99

Let's Talk! Are prompt cards that can be used in groups or on an individual basis to get conversations going.

Top 5 £24.99

Top 5 is a great way to start conversations, group openers or for use simply as a fun game. Each card suggests a category for Top 5 discussion.

Reminiscence Activities

Reminiscence therapy is important to a person who has dementia. People with dementia can often recall their distant memories a lot easier than their most recent memories. Talking about their past may be a good way of helping a person to retain their identity. The person may gain a great deal of pleasure in being able to talk about their past. Getting to know the person with dementia will help them maintain their independence and dignity. It will also help to ensure that they are treated as an individual; this is really important to the person with dementia.

The elderly and people with dementia often have difficulty remembering what's recently happened in their lives. This can leave them feeling confused, vulnerable and less confident. Their memories from years ago, however, often remain detailed and intact. Recalling these memories can be immensely therapeutic, not to mention enjoyable. Reminiscence gives people the opportunity to share these rich stories and experiences. It's very sociable and helps them remember that they are still a real person. This can boost their self-esteem and help them make a valuable connection between the past and the present.

Mind Dice £14.99

The Mind Dice can be used to write on each side something about the individuals past & then used in meaningful conversation.
The Memory Box £48.99
The Memory Box is ideal to facilitate general reminiscence, produce memory diaries, put together guided autobiographies, or to help facilitate life reviews.

Decades Discussion Cards £41.99
The cards are great to remind and inform about people, places and events of the 1950s and 60s.

Memory Joggers £36.99
*Memory Joggers: Royalty* enables individuals to reminisce about the royal family and can be used in groups or on an individual basis.

The Reminiscence Quiz Book £39.99
A popular, informative and unusual quiz book specifically produced for work with reminiscence groups. Covering the years 1930 to 1969, it draws on memories and experiences of daily life and recalls major events and celebrities.

Sounds Nostalgic £25.99
This CD is ideal for people who will remember BBC Radio and famous voices from the 1940s and 1950s. Politicians, radio broadcasters, royalty and show business personalities are included.
The Activity and Reminiscence Yearbook £48.99

An activity coordinators dream! Hundreds of ideas in 52 weekly sessions enabling reminiscence for one whole year!

Life Times Colorcards: World War Two £47.99

These cards are ideal for reminiscing about World War Two with groups or on an individual basis.

Memory Joggers Entertainers £36.99

These cards enable conversations to get flowing about entertainers from 1940-1989. Great for care settings and use in group activity.

Sounds Nostalgic Radio Theme Tunes £25.99

This CD is ideal for people who can remember famous radio programme theme tunes from the 1940s and 1950s.

Famous Faces £47.99

These portrait cards are great for evoking memories, and provides stimulus for group discussion and informal conversation between older people.
The Reminiscence Puzzle Book £39.99
This puzzle book is great for reminiscing in an enjoyable and fun way.

Reminiscence Postcards £22.99
These large multi-purpose postcards (A5) are great for reminiscence work and activity sessions. Featuring a wide range of images, they can help everyone to reminisce about childhood, family life, friendships, pets, sport and leisure, as well as the world of work. Sold as a set of 12 (do not come in a box).

Work and Leisure DVD £19.99
This DVD is ideal for people who find it difficult to watch fast moving images and prefers still images.

Childhood DVD £19.99
This DVD shows a film with still images and music that portrays the memories and delights of childhood.

Larder Coaster Set £7.99
Set of 4 coasters which are not only great for putting drinks on but also great for reminiscing over old household products.

Book Therapy £21.99 each
Pictures to Share Book Therapy is the use of books that are specially designed for those with dementia, to help alleviate the serious problems of boredom, depression and isolation found amongst many people in professional care settings.
Born in the 40s, 50s or 60s
£6.99 each
A small book that can be used for triggering memories from these decades.

Washday Blues £14.99 published by Mindful Gifts
A poem and picture book about 'wash days' that will bring back memories of bygone years. The 'Washday Blues' book contains two poems that tells the story of how wash days used to be like. The photos contain images of items used for washing and ironing.

1950s, 1960s & 1970s Scrapbook
(100s of images from each decade)
£17.99 each
The Scrapbook is great for simply looking at images of products from each decade and starting off conversations. Great for groups or individuals to look at.

'With It' booklet - how it was to be trendy in 1963! £4.99
The 'With It' is a 48 page replica booklet from 1963. With all the latest trends for make-up, pop music, hair styles, fashion and more this booklet will trigger happy memories.

1950s Household Memorabilia Replica Pack £9.99
The pack includes: Ration Book, Timothy Whites Xmas brochure, household bills, TV and Radio brochure, housework ephemera, Belling fires and cookers leaflet plus various postcards and advertising images.

www.mindfulgifts.co.uk
British Seaside Holiday Memorabilia Replica Pack £9.99
Contains: Holiday camp pamphlets, hotel leaflets, entertainment programme, boxing flyer, railway handbill and a selection of postcards and trade cards.

Women's War Memorabilia Replica Pack £9.99
Contains: Life in the WRNS booklet, Home Companion magazine, handwritten letter, personal ephemera, Land Army flyer, wartime recipes, A Woman's Place pamphlet, WAAF leaflet and various images

2014 to 2018 marks the 100 anniversary of the First World War. The 'Your Country Needs You' pack contains 6 postcards that will make a great gift or an activity for reminiscence.

Queen's Coronation Newspaper replica of the 1953 Evening Standard £6.99
The Queen's Coronation Newspaper makes a great gift for anyone who remembers this major event.

WW2 Memorabilia- five items including evacuation tag, ration book and more £6.99
A pack of World War 2 items that will bring back memories of childhood. This pack includes replicas of a WW2 child's evacuation tag, WW2 Ration Book, WW2 cookery booklet, WW2 Wartime Puddings leaflet and WW2 junior I.D. Cards.
Life History Work

Involving the person in their life history work can be extremely therapeutic for them as most people like reminiscing and discussing their past. When language or memory deteriorate, knowledge of their stories can be particularly valuable. Many people find hearing their stories comforting, and keeping their stories alive is a way to help them hold on to a sense of self as dementia becomes more severe. Knowing something about a person’s life history can help care staff build a relationship with them and help them to understand what the person is trying to say.

Life Histories Game £49.99

This multi-purpose board game aids reminiscing, individuals getting to know each, facilitating the sharing of experiences and for people writing their life histories.

‘This is My Life’ £5.99

This easy to complete workbook makes a great shared reminiscence activity. Book headings provide a guide for conversation prompts and include: my childhood memories; my schooldays; my faith; and many more. This is a must for everyone!

Musical Activities

Even when someone can no longer talk, music can become an avenue for communication and engagement. It seems to access parts of the brain that remain unaffected by dementia. People with dementia can have a special ability to remember songs. Even if people with dementia can’t talk, they may be able to sing, whistle, clap or tap their feet. It can help them, and their carers, to feel life is worthwhile. Listening to music can also have strong effects on people’s moods. It can lift the spirit and trigger feelings of nostalgia.

Song Book £11.99

Words to 100 popular songs in large print can be used in groups. Great if you don’t know all the words to songs!
Sing Along CD £14.99
An audio CD specially recorded for those who may not have access to a piano, this tape features 20 of the songs from the Song Book.

Percussion Kit £199.99
The kit is suitable for up to 30 players and will enable individuals to play music using a variety of instruments. This kit is bound to get everyone moving and enjoying the music as they play along with various instruments.

Washboard with strap £129.99
This Washboard can be played with the thimbles that are supplied. Not only is it great fun to play but will bring back memories for many!

Bike Horn - it’s a horn with a heck of a honk! £12.99
The Bike Horn makes a great musical instrument to add that honk to any music piece! The retro horn will also bring back memories of days spent cycling many years ago.

Football Rattle, Ratchet - a musical instrument or use to reminisce! £12.99
The Ratchet - Football Rattle makes a great musical instrument and will be enjoyed by many. The rattle will also bring back memories of going to football matches and supporting your team to win.
Exercise Activity

Some activities involve physical movement, which can benefit the body and the brain. Remaining physically active can prevent other health problems and maintain daily functioning and mobility.

Rain Stick- a musical instrument or just to amuse! £16.99

The clear Rain Stick is great for music therapy. By shaking the stick as a musical instrument it will make a beautiful sound. Or simply enjoy the stick, by turning upside down and watching the beads fall, you will find mesmerising!

Musical Bingo £33.99

Musical Bingo is the perfect activity for groups of two or more people. A fun way to do bingo by identifying familiar songs.

Musical Quiz £23.99

The Musical Quiz allows you to play tracks in random order and easily repeat each track. An easy-to-play game: simply listen to the first few bars of each song and then name that tune!

Gentle Exercises & Movement for Frail People £39.99

These cards are great in encouraging frail people take part in exercise & movement.
Traditional Toy Range

Traditional toys that will bring back memories of childhood!

Traditional Tiddly Winks Game £7.99

Traditional Wooden Naughts and Crosses £5.99

Traditional Marbles £5.99

Traditional Catch Ball Game £5.99

Traditional Jacks Game £5.99

Traditional Pick up Sticks Game £4.99

Traditional Heads and Tails Game £4.99

Magnetic Let’s Go Fishing Game £9.99

Traditional Spud Gun Potato Shooter £5.99

Traditional Wooden Spinning Tops £4.99

Traditional Catapult £4.99

Traditional Nursery Rhyme Snap £3.99

Fuzzy Face Magnet Game £4.99
Easy Ordering

Order by post: complete the order from and return it to: Mindful Gifts CIC, 134 Harrison Street, Bloxwich, Walsall, West Midlands, WS3 3HN

Place orders online: www.mindfulgifts.co.uk

Email: mindful.gifts@yahoo.com (we can invoice you)

Order hotline: 01922 495994 or 07828 935451,

Visit our new shop at: Mindful Gifts CIC, 36B King Street, Darlaston, West Midlands, WS10 8DE

(We are situated by Asda, turn left when you come out of Asda, walk down King Street; we are opposite Accord Housing, on the corner)

New products are being researched and added to our product range, if you can’t see what you are looking for please get in touch; we are more than willing to help. Prices are subject to change. Please check up to date prices when placing an order.

Items Required: Can be used as a ‘wish list’ or for actual orders

Aquapaints £14.99:

- Pets and Animals
- the Seasons
- Classic Sports
- Marvellous Machines

Paint Project £12.50

Jigsaws £16.99: London Bus, Poppy Fields, Mountain View, Cricket, Locomotive, Seaside, Man’s Best Friend, Garden

Tangle £12.99 TwiddleMuff £39.99 TwiddleSport TwiddlePup

TwiddleCat(cream) TwiddleCat(brown) Star Projector Sound Cube £21.99


MindDice £14.99 The Memory Box £48.99 Decades Discussion Cards £41.99

Memory Joggers (Royalty) £36.99 The Reminiscence Quiz Book £39.99

Sounds Nostalgic Famous Voices £25.99 The Activity & Reminiscence Yearbook £48.99

Colorcards: World War Two £47.99 Memory Joggers Entertainers £36.99

Sounds Nostalgic Radio Theme Tunes £25.99 Famous Faces £47.99

Reminiscence Puzzle Book £39.99
Reminiscence Postcards £22.99  Work & leisure DVD £19.99

Childhood DVD £19.99  Larder Coaster Set £7.99

Books £21.99: A Funny Old World  Beside the Seaside  Pets  Garden
Countryside  Proverbs and Sayings  Childhood  Travelling  Shopping

Family Life  Work  Sport  Born In the £6.99 40s  50s  60s


Queen's Coronation Newspaper £6.99  WW2 Memorabilia- five items £6.99

Life Histories Game £49.99  ‘This is My Life’ Book £5.99  5 or more £4.99 each

Song Book £11.99  Sing Along CD £14.99  Percussion Kit £199.99


Gentle Exercise & Movement £39.99


Naughts & Crosses £5.99  Spud Gun £5.99  Spinning Tops £4.99

Marbles £5.99  Catch Ball Game £5.99  Catapult £4.99  Jacks £5.99

Order Form (Free delivery on all items, no minimum spend!)

Ordered by (name)……………………………………………………………………………………

Company/Organisation………………………………………………………………………………

Address……………………………………………………………………………………………………

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Telephone……………………………………………………………………………………

Email …………………………………………………………………………………………

Grand Total £……………….

Postage is free in the UK

How would you like to pay?

I enclose a cheque made payable to ‘Mindful Gifts’ □

or

We would like to be invoiced □

Send to Mindful Gifts CIC, 134 Harrison Street, Bloxwich, Walsall, WS3 3HN or email mindful.gifts@yahoo.com or order from website www.mindfulgifts.co.uk or visit us at 36B King Street, Darlaston, West Midlands, WS10 8DE or call 01922 495994 or 07828 935451

“Our mission is to enable people with dementia access meaningful activities”

Mindful Gifts CIC is a community interest company. This means we operate for the benefit of the community rather than for personal gain. By purchasing from Mindful Gifts CIC you will support us to do lots of good things! We deliver a range of services for people with dementia & carers, develop new products, and work within the community to raise awareness of dementia and much more!

Postage and packing: We will post your items 2nd class in order for us to keep our prices to a minimum, however, if you need your items in a hurry, please let us know and will send them first class. Where we can, we use recycled packaging. We usually have most items in stock; however, there may be a delay if we are waiting for new stock to come in or if the item is delivered direct from the supplier to you.

Returns policy: We offer a no quibbles guarantee. If you are not completely satisfied with your purchase, please return the goods to us within 14 days of receipt, unused and in resalable condition and we will happily give a full refund less postage and packaging cost. To arrange a return please contact 01922 495994 or email mindful.gifts@yahoo.com

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