

Turn Chores Into "Helpful" Activities

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Physical distancing and quarantining can make it much harder for family caregivers to create activity and movement for the elderly loved one in their care. Of course, if the weather permits, a walk around one's home or neighborhood is a great option. When it comes to being active indoors, don't be afraid to share any chores that you're a loved one can do safely. If the person has good balance, vacuuming and sweeping uses and stretches muscles. So, does dusting the furniture. When balance is an issue, folding laundry can be done while seated. So, can segments of meal preparation.



For those with memory impairment, these remembered routines can be very comforting. They may also challenge the brain to assess and problem solve.

For those chores in which all steps cannot be completed by the senior, work as team to complete chores. And don't worry so much about perfection. Both the caregiver and the senior should place value on participation, the amount of activity and any measure of accomplishment.

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