

ACTIVITIES TO STIMULATE SENSES

Sensory functions can decline with age, especially in individuals with dementia or other memory impairments. Sensory stimulation activities can be a valuable tool in maintaining the effectiveness of the senses, connecting us to the world around us, and reducing stress and anxiety.

The Springs at Simpsonville is sharing some fun and easy activities to stimulate the senses that you can try with your family member!

SIGHT

- Assemble a simple puzzle or a photo that has been cut up
- Use a kaleidoscope or disco ball to observe various color and light patterns



SMELL

- Use aromatherapy by putting strong scented essential oils (peppermint, lemon) in a diffuser
- Create smelling jars with recognizable scents (garlic, orange, vanilla, etc.)



TOUCH

- Feel different fabrics such as lace, silk, denim, and wool
- Use clay or Play-Dough to create shapes and improve dexterity
- Give your family member a gentle hand massage using soothing lotions or oils



TASTE

- Do a taste test with one item from the basic tastes (sweet, salty, sour, bitter, spicy)
- Make simple and classic recipes with distinct tastes (peanut butter cookies, deviled eggs)



HEAR

- Play your family member's favorite songs and have them sing along
- Fill jars with different items (beans, coins, popcorn) and shake them
- Listen to recordings of soothing nature sounds of water and wind

