

EXAMPLES OF ACTIVITIES FOR AGED CARE FACILITIES DURING COVID-19 PENDEMIC

Precautions applied: 1 meter of social distance with minimized shared materials

Cognitive engagement tabletop activities	1. Art activities	Numbering coloring, watercolor painting, drawing based on themes.
	2. Craft activities	Origami, collage, paper craft work for decorative items
	3. Gardening	Pot plants with 1-meter distance in between
	4. Sewing	
	5. Reading	Reading group can be conducted with 1-meter distance between members and older persons can take turn to read aloud for the group.
	6. Puzzles	Puzzles should be sanitized after individual use.
Physical activities	1. Slow movement dance 2. Exercise on the chair 3. Yoga in sitting	Older persons are arranged in the seats with 1-meter distance in between.
	4. Physical games	Games should not be involved any shared items and closed contact between older persons. It can be conducted with movements on the spot. For example, musical chair game can be modified into counting beats or numbers for the older persons, he/she should stand up to do the movement appointed by other member whenever the music stopped.

Courtesy of Ms Dinnee Kong, Specialist Occupational Therapist, Genting Dementia Day Care Centre, Segambut.