

Dementia Friendly Busy Bags

Creating a "busy bag" for PLWD offers comfort, stimulation, and engagement. Tailor the contents to their interests and preferences for a personalized touch.

Below are ideas of items you could choose to include.

Sensory Items



- Fidget toys
- Fidget sleeve, glove or mitt
- Fabric swatches of varying textures
- Scented items such as a lavender sachet

Reminiscence Aids



- Photos of familiar people & places
- Memory cards with prompts or old magazines
- Sentimental objects
- Music playlist with songs from their era

Puzzles & Games



- Simple jigsaw puzzles
- Matching games
- Dominoes
- Easy-to-read word search or crossword

Arts & Crafts



- Large design coloring pages
- Bead kits
- Play-doh or clay
- Sticker art

Comfort Items



- Weighted lap pad
- Comfort doll (disposable)
- Soft shawl or scarf
- Animatronic pets

Practical Aids



- Calendar with large dates to aid with orientation
- Tablet or iPad preloaded with games
- Digital display clock
- Notepad and pen for doodling