

List of Things that can be done when sitting with someone

- Reading to them – particularly good for sight impaired people, reading from their preferred newspaper or magazines that they are interested in or even reading from a book or some poetry that they are interested in.
- Quizzes / Crosswords – Again good for sight impaired and simply for keeping the brain active
- Games – some people like to play games e.g. scrabble / dominoes even cards depending on their ability.
- Jigsaws - can be a nice thing to do together if the person being visited is able to.
- Music – music is particularly good for people living with dementia who can't always concentrate on TV or books or games etc. Playing their favourite music is good in that it can help them relax and who knows they might even sing along
- Old Photos – a lot of people like to talk about their past, about their family etc. Looking through old photos is a good way to stimulate conversation and memories. The library has some good books with old photos of local places
- Living with Dementia / Alzheimer's Books – The library and the alzheimers society provide photo books specifically for people living with dementia. They are normally old photos that can stimulate discussions
- Bird watching – a lot of people are interested in the birds, simply sitting by a window or in the garden when the weather is nice watching the birds can stimulate discussions
- Plants – as above some people like their gardens and used to garden a lot by sitting at a window or out in the garden when the weather is nice can stimulate discussions
- Weather – people always like to talk about the weather and can do so even when they have memory problems
- Pets or Animals – can be a good talking point for those who have pets or really enjoy animals
- Technology - can be useful to use for those with deafness or sight problems there are various phone / tablet apps available now to help translate speech into words or to increase the size of words or to turn words into speech.
- Local events and attractions – it can be nice to take brochures or pictures if you've been to a local event or attraction recently as can stimulate memory and conversation

List of places to take people

- Taking them for a drive some people just like to go for a drive around the country or local villages, maybe visiting somewhere they used to live or work.
- Local cafes – most people like a cup of tea or coffee and provided accessibility is ok will appreciate a trip to a local café. If mobility is ok a wander round one of the local villages is often quite nice e.g. Thornton le dale, Hutton le hole.
- Local garden Centres e.g. Pickering Garden Centre is good has a good range of gifts, plants etc. and has a large café upstairs that is accessible by a lift. Irton Garden Centre near Scarborough is also good and accessible.
- Local Farm Shops – The cedar barn near Thornton le dale is a good accessible farm shop which has a shop, café and outside seating area. Beadlam Grange is good but main café is upstairs (no lift) and quite cold downstairs. (In winter). The whole hogg situated on the A169 between Malton and Pickering is good quite small but adequate.
- Nature / Wildlife / Historical – places like the Yorkshire arboretum, Castle Howard, the lavender farm at Wintringham or Terrington, Scampston hall, Sutton bank visitor centre, Sledmere Hall, Nunnington Hall, Ampleforth Abbey, Rievaulx Abbey can be nice places to go and sit in the café or have a wander round. At a lot of places, you can normally access the cafes and not have to pay to go around the gardens. Birds of prey centre is good and accessible although the terrain is quite rough for wheelchairs £9 to get in. Helmsley walled Garden and Scampston walled garden are nice gardens although the terrain is a bit rough for wheelchairs.

- Bus Trips – If mobility allows it a trip on the bus can be good as you both can sit and enjoy the views and chat about what you see
- Transport – places like the Steam Railway, Mathesons Car Garage in Thornton le dale has a museum which is accessible lots of old cars to see.
- Walking – if someone is mobile enough a walk can be a nice thing to do and is good for our mental and physical health. Even a walk round the garden or the block can be a nice thing to do.
- Theatre – The Stephen Joseph theatre is a good accessible place and is dementia friendly