



Using Magazine Pictures for Enjoyable One-on-One Dementia Cognitive Care

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Activities for oral and visual acuity, articulation, conceptualizing, memory, expression of preferences

1. Ensure the individual with cognitive impairment can see a picture in the magazine and hear you. If necessary, make sure they are wearing clean glasses, show them the picture in excellent lighting and ask them to point to specific items in the picture. If they have a hearing impairment, sit next to their good ear and speak loudly. If they wear hearing aids, ensure they are functioning.
2. In a playful manner explain a new game to them. Tell them that you want to see how well you can describe a picture to them. Could they help you? Once you have won their cooperation, sit opposite them so they can't see you open a new picture in the magazine. Ask them to shut their eyes and listen to you describe the picture. If something is unclear they can ask questions so you can explain it more clearly. When you are finished have them open their eyes and look at the picture and tell you if it is the same or different than what they imagined. Then hand them the magazine and ask them to find a different picture and describe it to you while you shut your eyes. Ask them questions to pull out the details. After, open your eyes,

look at the picture and tell them how it matches what you imagined.
Celebrate!

3. Play I-Spy. Take turns finding items in a picture that are a certain color* or start with a specific letter. If the individual is truly stuck, provide both clues plus indicate the location, eg., upper left corner of the picture. Note: * Not suitable for color blind individuals.
4. Memory game. When you are finished playing I-spy with a specific picture, ask the individual to look at that picture one last time. Tell them you want them to try to remember details in that picture. Then close the magazine and ask them to tell you everything they remember seeing in that picture. If they need help you can support them to be successful in several ways:
 - a. Take turns with them. You can say I remember seeing a car. Do you remember what color it was? If they don't remember, give them two choices eg. yellow or black? If they have the wrong answer, ignore it and tell them you remember something else...
 - b. Provide clues. For example, if they can't remember the car, say it was something with four wheels, similar to that one parked outside only a different make, model, color (point to a car parked on the street).
 - c. Celebrate what they do remember and support them to be successful when they are struggling. Writing down correct answers is a good idea so you can read them back to the individual to further stimulate their memory and build their self-esteem. At the end look at the picture again and celebrate the items they remembered! If they had trouble, tell them about items in the picture that you forgot as well. You can also suggest working on this some more another time. Next time find a much simpler picture to look at and to remember. If the activity was too simple, find a picture with more details the next time.

5. Look at pictures in the magazine together and share your thoughts and feelings. Eg. Would you wear that color of lipstick, that outfit, those shoes, that watch, that jewelry, that haircolor? Would you want to drive that car? Why or why not? How much do you think it would cost? Do you like the color or would you want a different color? Does that food make your mouth water? Did you ever make food look like that? Would you want to know how to make it? When you look at his/her face, do you think she is happy, bored, kind, angry? What time of year/day do you think it is in that picture? Is it hot or cold out? What sounds would you hear if you were there? Where is the photographer standing right now? Have you ever vacationed in a place like that? Would you want to be there right now? Why or why not?

- Notes:
- a. Continue as long as the individual is having fun, is engaged.
 - b. This activity can be modified for a person with little speech. They can point to items they like. You can ask them yes/no questions and they can use their body language to respond. You can share your own opinions, making it more fun.
 - c. Some individuals may enjoy helping to make a booklet or collage of their favorite items with captions.