

## 6.3 Staying Active 2



## Recap of last session

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**Last week we agreed that you would try:**

**Q! Did you get a chance to try this out? How did it go?**

**The goal this session is working towards:**



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## Staying active together

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- Last week we talked about the importance of planning activities for your relative.
- This week we will discuss ways to engage your relative in activities, which we know is not always easy.
- People with dementia find it harder to organise their own activities. Even with lots of people around, they can still feel lonely or bored.
- You may be very active, both together and separately, but there may be some changes that you would still like to make.



### Talking Point:



**How do you talk to your relative about activities?  
What helps to engage them and keep them engaged?**



### Key Point:

Ask your relative what makes something more difficult for them if you are unsure, and reassure them that you are listening.

It can help to match activities to how your relative is feeling and to their level of ability. For example:

- If your relative is drowsy during the day, physical activity (such as going for a walk or seated exercise) can boost their energy levels.
- If your relative is restless or seems agitated, a relaxing activity (such as listening to calming music or having a quiet chat) might help.



### Talking Point:

What physical activities does your relative enjoy?

1.



2.

What relaxing activities does your relative enjoy?

1.



2.

## Staying connected

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Maintaining relationships with other people can help you and your relative to stay well.



He's always got somebody or the other, you know, during the week. Once or twice a week somebody coming to visit him, so it keeps him busy.

**Family Carer**



### **Talking Point:**

**How does your relative stay connected to friends and family?  
What works well?**

## Troubleshooting staying active

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### **Talking Point:**

Let's look back at the planning record from last week and think about the pleasant events that you hoped to try out over the past week.

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**What did you find most difficult?**

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**Can you think of some reasons why you and/or your relative found this difficult?**

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**What were some of the barriers you may have faced:**

1.

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2.

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3.

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**Are there ways to adapt the plan to make it easier?**

## Summary and next steps

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**In this section we have talked about:**

- Staying active together
- Staying connected
- Troubleshooting plans

## FOR THE NEXT SESSION: Putting it into practice

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Please continue to try out the pleasant activities for your relative that we have discussed. You may like to continue to jot down ideas on the Staying Active circle from Staying Active 1.

Try to keep going with the two new activities you planned last session at least 2-3 times a week if they went well, or try something different. You can use the planning record on the next page to record how the different activities went.

**Next session we will:** Discuss what you have noticed and which activities your relative has enjoyed.

**Q! Who will attend the next session?**

- ▶ **Finally: Let's look over your goals and add in any actions you plan to make.**

# Planning record

What happened?	What did you try?	How did it go?
1.		
2.		
3.		





