



Prioritising Wellbeing

Top Tips for Media Activities Family Carers and Friends

The term 'media' can cover lots of potential activity topics such as films, television, radio, newspapers and current affairs, magazines and even technology. Potentially there is a huge breadth of activity ideas which could be developed under this heading from reading what the papers say to film evenings and political discussions.

These activities can also be adapted to meet the needs of your relative.

What the papers say

Read the key headlines from a few newspapers each day. You could have a set time to do this, for example at morning coffee or after breakfast. You could end with an 'and finally' funny or bizarre story. You could also include a weather forecast and news from your relative's family and friends such as birthdays, events, or special visitors.

Your relative could get involved with reading certain parts if they so wish – you could increase the font size of some articles by enlarging them on a printer. Particular sections could be read out loud if your relative has a specific interest such as the sports pages or reading people's horoscopes.

Programmes

Your relative may also enjoy watching particular news programmes such as Breakfast TV or radio programmes. This may help your relative to still feel in touch with what's happening in the world.

Newspaper crosswords and quizzes

Your relative may enjoy completing the crossword or quizzes in particular papers each day – they may require some help to do this.

Television

Television can be a popular, engaging, and relaxing form of activity or it can be used inappropriately with people plonked in front of it for long periods of time with little or no other interaction. Make a note of your relative's favourite programmes and make sure they get to see these when they want.

Television and dementia

For people living with dementia, the television can be a disturbing distraction and a cause of anxiety. This may partly be caused by the type of programme they are watching. Programmes which are fast moving with lots of talking may demand too much concentration and lead to feelings of frustration. Choose something with fewer words or mainly scenes such as natural history programmes. Avoid programmes which may require the viewer to 'remember' things such as crime dramas. Programmes focused more on immediate pleasure such as music programmes, wildlife documentaries, out-take programmes, some sports, or simple comedy programmes may be more appropriate. Observing your relative's mood. And reaction to certain programmes can help you to understand whether they are enjoying it or not. Try to avoid the television just being left on as background noise if no-one is watching it. This can be distracting and confusing for some people living with dementia.

Create your own cinema

You could have a very varied film library or rent them from local libraries. DVDs are a good suggestion for anyone wishing to buy a gift for your relative. If possible, plan an outing to the actual local cinema.

Some cinemas have dedicated screenings for those living with dementia, contact your local provider to check availability.

Enjoy popcorn in paper cups or cones or ice-creams and discuss the film afterwards or play the soundtrack the following day to remind your relative of what they saw, after which could include some discussion of the film such as "did you enjoy it, what was your favourite part, how did it make you feel?" Most cultures have their own relevant films, and some are huge industries such as Bollywood. Showing films from across different cultures can enable conversation and connection and fun.

Quiz

You could make a quiz based on past Prime Ministers during your relative's life time. Download pictures of them to print out or cut out and see if your relative can put them in order of when they were in office (you may need to do some research yourself!) Discuss what each one was famous for and what memories you both may have of each of them.

Media quizzes

- Charades - The classic and well known game of charades can relate to several forms of media including TV programmes, films, and books
- Film quiz - You could hold a picture quiz to name famous actors, or use film titles, clips, or soundtracks to see if people can name who starred in them
- TV quizzes - There are lots of TV based quizzes you could hold. Here are a few ideas:
- Re-create a quiz show such as Deal or No Deal, Who Wants to be a Millionaire, or the Price is Right etc. You may need to adapt the original concept and rules to suit your relatives' abilities. You could develop this into a regular monthly event and invite friends, family, and members to join in or watch.
- Hangman - you could play hangman based on TV programmes or films. A large whiteboard or flipchart would be useful. Your relative could buy clues with tokens or it could cost a point per clue and award a point per letter depending on how long the title they were trying to work out was.
- Famous catch phrases/lines - you could build a quiz around famous catch phrases or famous lines from films such as 'nice to see you, to see you nice' is Bruce Forsythe and 'Houston we have a problem' is from Apollo 13. There are lots more famous examples - you could do the voices and impersonations too!
- Famous film memorabilia is not hard to find on the internet and needn't be expensive.
- Posters or picture books of famous film scenes or adverts for films may be good discussion point for reminiscence.

Discussion topics

If I could...

The phrase 'if I could. ' is a great way to start off a discussion and some creative thinking and is very easy to do. You can relate it to anything but in terms of media it could include:

- If I could make a film the storyline would be...
- If I could star in a film, I'd play...
- If I could meet and chat to a film star, I'd like to meet...

You could also ask your relative to explain why they would make these choices. Your relative may prefer to just listen to the thoughts and ideas. You could add in your choices and reasons why too. Your relative may enjoy reading film reviews or information on new releases - this is generally available on the internet or in newspapers and magazines.

Technology

Your relative may enjoy learning about recent advances in technology and the latest gadgets. You may have the latest smart phone or personal listening device that you could share with them and explain how it works. If your relative has access to the internet you could take them through the process of choosing and downloading a track and transferring it onto the personal listening device so they can then listen to it.

There are lots of great film clips on You Tube covering many different topics. Try something such as 'Christian the Lion' for a lovely story about the bond between man and animals.

Go surfing!

Your relative might enjoy the opportunity to 'surf the net'. If you have access to a computer or tablet you could help them, find websites that may be of interest or carry out searches. Most local libraries now have facilities for public internet access this could be an interesting trip out together. You could rent some more films or take out books whilst you're there.

Who said?

Similar to the famous lines or catchphrases idea from films and TV programmes previously mentioned, you could also use this idea for famous statements from politicians and Prime Ministers.

Famous Quote	Politician
You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time.	Abraham Lincoln
I did not have sexual relations with that woman (referring to Monica Lewinsky)	Bill Clinton
Let us be frank about it: most of our people have never had it so good.	Harold McMillan
The lady's not for turning.	Margaret Thatcher
Rarely have so many people been so wrong about so much.	Richard Nixon
We shall fight on the beaches...	Sir Winston Churchill

You'll know many more or find more in famous quote books or on the internet. This game can easily be adapted to different cultures by using leaders from different countries.

You could make this into a 'matching pairs' game by printing out the quotes and names and seeing if your relative can match them up.

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

