



April 2026



WEST LAKE WORTH

Specialized Alzheimer's Day Care Program

3680 Lake Worth Rd
 Palm Springs, FL 33461
 Mon-Fri : 8:00am – 5:00pm
 561-432-0668
 www.alzcare.org

Jackie Rodriguez, LPN Program Manager
 TBD, Program Nurse



24 Hour Crisis Line
 1-800-394-1772

Therapeutic Activities

Examples of Therapeutic Activities

Definitions

Cognitive	Word Games, Math Games, Trivia Games, Reminiscence, Board Games, "Current" Events, Morning Announcements, Tabletop Activities-coloring, bean sorting, puzzles, patient specific individual tasks	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term memories activities; acknowledging and accepting the patient's perception of his/her "world" in a environment; encouraging and rewarding creativity
Physical	Chair Exercise, Dancing, Arts and Crafts, Noodle Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling	Exercising both gross motor and fine motor skills; facilitating movement and maximizing safety
Social	Building a Story, Trivia "Competition", Music Therapy, Sing-along, Group craft building, Group discussion, Group Games	Honoring the human condition and need for relationships and social contact; encouraging peers based on shared interests and abilities; acknowledging the patient's successes, m
Spiritual	Non-judgmental safe environment always. Music-patient's choice, Recognizing unique culture and faiths in discussions and in song, positive reinforcement of all endeavors	Promoting balance between the patient's inner and outer worlds; honoring the family's atmosphere of calm, harmony, and safety where the patient can be him/herself with pr system
Emotional	Positive Communication always: Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions	Understanding and compassionately caring for the patient's emotional needs by providi with the patient in a supportive, validating manner, with understanding of, and empath disease or a related neurocognitive disorder; communicating positively both verbally an