



# Cognitive Change Online Resources

**Check out these websites for great activities!**

During this difficult time we would like to address the enrichment needs of our population dealing with dementia. This is a list of online resources that you may find helpful during this time of social distancing. For additional dementia related resources please go to the resource section of our website: [southingtonlibrary.org](http://southingtonlibrary.org).

<https://keepingbusy.com/learning-center/downloadable-dementia-activities/>

Free downloadable activities such as coloring pages, word searches, craft activities, etc. all geared to people with dementia.

<https://www.thecolor.com/popularcoloringpages.aspx> Easily color the images on any device. Instant gratification, printable and easy to use.

<https://alz.org/help-support/resources/kids-teens/50-activities> A very comprehensive list of simple and mindful activities perfect for this time of social distancing.

<https://seniordirectory.com/articles/info/9-great-apps-for-people-with-dementia-or-alzheimers>

This list contains many free downloadable apps for tablets or phones. Others do cost money, but seem entertaining to say the least.

