



A Day at the Fair: Activities for Your Aging Loved One

Connecting with your aging loved one may be a bit more difficult lately. Aging can bring with it multiple communication barriers that can include hearing loss, speaking difficulties due to stroke, and a decrease in verbal skills due to dementia. As a child or loved one of someone who is getting older, it can be devastating to lose the ability to connect with someone important to you.



Here at [Visiting Angels](#), we know the importance of connecting with seniors and how hard it can be for families to do so. Our team is ready to help you have a better visit with your aging loved one, and it starts with coming in prepared with activities to do together. We've put together a few ideas for activities that all relate to a summer tradition – the county fair – that you can easily pull together and bring to your next visit. Choose one activity or a few to experience together, adapting the experience as you go so that

everyone involved has a lovely visit.

Go to the Farmer's Market

Part of the county fair experience is farmers showing off their prized produce. While you may not be able to hit the fair itself, you can check out your local Farmer's Market together. This outing is usually an easy one, and full of opportunities to stimulate the senses. Smell the flowers, touch and inspect the zucchini, and taste a few samples. It's a great way to get some easy exercise by walking around, and you don't have to stay long to get the full experience.

Bring the Farmer's Market to Your Loved One

If you aren't able to hit the local Farmer's Market, bring the experience to your loved one. Head to the patio or front porch with a dozen ears of corn and a few pounds of green beans. Work together to shuck the corn and snap the beans, all while visiting a bit and enjoying a glass of iced tea or lemonade. If your loved one enjoys time in the kitchen, continue your time there, putting up corn and boiling (or pickling) green beans.

Chat About Childhood Memories

Reminiscence, or talking about past memories, is an amazing way to connect with your loved one,

especially if dementia is in the picture. Ask some open-ended questions – avoid ones that can be answered with a simple ‘yes’ or ‘no’ – and you may be surprised at what you learn. For this theme, talk about memories around the fair. Talk about favorite carnival rides and who your loved one rode the Ferris Wheel with. Ask what their favorite fair foods were and if they ever showed something in the local fair. Talk about their feelings on cotton candy and lemon shake ups - anything to get the conversation started and continuing!

Ask for Help

If you want to try out a few activities with your loved one but are feeling a bit timid due to medical complications or cognitive issues, ask us for help! We’d love to learn more about your family’s situation and give you some ideas for having a positive visit with your loved one. Our caregivers have lots of ideas, and many tricks up their sleeves. Let us work with you to have an excellent visit.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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