



MONTESSORI-BASED DEMENTIA PROGRAMMING® ACTIVITY IDEAS

Create a Collage

A collage, for our purposes, consists of a collection of pictures that are compiled together for display and enjoyment. This activity provides individuals with the freedom to create a piece of art that has significance and meaning to them.

Materials

- **Background paper.** You can use whatever type and size of paper you want. (Cardstock, poster board, construction paper, etc.)
- **Non-toxic glue.** You have two glue options: a glue stick or craft glue that is poured into a plastic plate and applied with a thick-handled brush. Choose according to your family member's abilities. Asking someone at the craft store for suggestions on appropriate glue choices for these projects is always encouraged.
- **A paper/plastic plate or shoebox lid.**



How to

1. This next step is the fun part! Ask your family member what type of collage they would like to make. Give them some options to choose from, such as a flower collage, a pet collage, a color collage, etc. Your collages could include pictures, words, or both. For example, if you were doing a pet collage, you could have pictures of your pet and words that relate to that pet, such as "cute" and "cuddly." Or you could make a word collage that would include all words that describe your loved one.
2. Begin your search for the pictures and/or words that you will use. You can involve your family member in this process if they are able. Look through magazines together. Look through picture books that you wouldn't mind cutting up. If you are computer savvy, look on the computer for images that you can print if you have a color printer. Allow your family member to make the decisions if it is possible. If they cannot choose, then show them the pictures and ask which ones they like.

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CREATE A COLLAGE (continued)

3. Once you and your family member have decided on some pictures, it is time to cut them out. We would suggest that you take the responsibility for this step, unless you are looking to make the activity a bit more challenging. If so, you can have them help you to the best of their ability.
4. Place your pictures where they are easily viewable, perhaps in a shoebox lid or on a paper/plastic plate. This way, the options are there and your family member can look through the pictures and freely choose which ones they want to include.
5. Demonstrate. Show your family member how to spread (if using a glue stick) or brush a dab of glue on the background paper, pick out a picture, and then attach the picture to the glue.
6. Continue gluing and placing the pictures until the collage is the way your family member wants it. To make the collage look and feel more finished, you can frame it.



Look through magazines together.

Tips

- Allow your family member to pick which pictures they want to use and to decide where to place them if they can. Refrain from correcting your loved one or intervening unless they ask for or need assistance.
- Try to avoid presenting too many picture choices at one time for your family member. Place no more than four to five pictures in front of them at a time, and reduce this number if needed.
- If you are not sure what size collage would be appropriate for your family member, it is better to err on the side of caution. Start off small. If a small collage does not present enough of a challenge, you can always add more pictures or words later.





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CREATE A COLLAGE (continued)

- When cutting out the pictures, choose ones that are less busy. Pictures that show only one flower or one fruit, for example, would be ideal. Too much clutter in a picture can become overwhelming and frustrating.
- You may want to create collages at the same time, with you making one collage while your family member makes another.



Start out small. You can always add more pictures or words later.

Adaptations

More Challenging

- Have your family member be involved with more steps of this activity. Have them begin with picking out the pictures from magazines or other sources, followed by cutting them out, then gluing, etc. until the project is completed.
- Increase the size of the collage.



Less Challenging

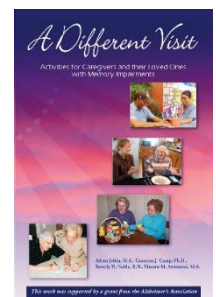
- Have your family member do one step of this activity repetitively. For example, have them be the designated glue dabber or the picture picker.
- Do the whole activity with your loved one watching and include them by asking questions: "Do you think that this flower is pretty?" "Do you think that I should glue this word here?"
- Create a smaller collage.
- Provide more of a template. If you feel that the freedom to place the pictures or words anywhere would be confusing to your loved one, outline boxes on the background to guide where the pictures or words could be placed.

From **A Different Visit:**

Activities for Caregivers and their

Loved Ones with Memory Impairments

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