

# Brain Games for Seniors With Dementia That Spark Memory and Joy

---

**Brain games for seniors with dementia** include picture matching, jigsaw puzzles, memory tray, and board and card games. Others like Simon Says, trivia, and Name That Tune add variety and familiar fun.

The National Institutes of Health says that [6 million people](#) in the US have dementia. Brain games help spark memory in patients while also supporting emotional health and boosting social connection.

Mt. Pleasant, IA, sits along the Historic Hills Scenic Byway and features a relaxed pace and a strong sense of community. The calm, close-knit setting helps seniors feel more at ease and supported in daily life.

Brain games give seniors something enjoyable to look forward to and can be adjusted to match changing abilities.

## How Can You Entertain Someone With Dementia?

Entertainment reduces distress for people living with dementia. Beyond games, you can use the following dementia care activities to brighten the day:

- Aromatherapy
- [Coloring for adults](#)
- Gardening
- Creating a memory book
- Pet therapy

These activities prevent boredom from turning into frustration. Over time, they make shared time feel enjoyable rather than task-driven.

# What Is the 90 Second Rule for Seniors With Dementia?

The 90 second rule means giving a person with dementia up to **90 seconds to process a question or request** before saying it again. That pause matters because the brain takes longer to organize thoughts, and waiting helps prevent confusion and stress.

When playing brain games, the rule allows space for recognition and response to form naturally. Here are more ways to reduce frustration during [Alzheimer's-friendly games](#):

- Keep directions short
- Limit background noise
- Offer gentle cues

## Enjoyable Brain Games for Daily Enrichment

Brain games help you stay mentally engaged and give each day a sense of rhythm. Here are some engaging **brain games for seniors with dementia** that balance fun and memory:

### Picture Matching

Picture matching uses sets of image cards placed face down. You **turn two cards at a time** to find pairs that match by shape, color, or theme. To make it easier, start with familiar photos such as those of:

- Animals
- Household items
- Nature scenes
- Favorite foods

The game strengthens visual recall by linking images with memory traces that stay longer over time. At Addington Place of Mount Pleasant, you can find others who enjoy joining in and sharing conversation as you play.

### Jigsaw Puzzles

You begin a jigsaw puzzle by grouping pieces that share colors or borders, then slowly connect them until the full image appears. Use puzzles with **large pieces and clear**

**patterns** to help maintain focus and reduce frustration.

Jigsaw puzzles offer many benefits for seniors with dementia, including:

- Improving cognitive engagement
- Strengthening visual recognition
- Encouraging patience

Finishing each part also brings a sense of achievement.

## **Board and Card Games**

Board and card games help you recall patterns and stay engaged through friendly interaction. They also train short-term memory and improve attention by linking actions to responses. Good options include:

- Bingo
- Dominoes
- Go Fish

Choosing memory care in Mt. Pleasant, IA, ensures you get help with chores like laundry and housekeeping, so your energy goes toward what brings you joy.

## **Simon Says**

In Simon Says, one person gives a command that begins with "Simon says," and you follow only when those words are used. If the leader skips "Simon says," you stay still, which **keeps you alert and listening**. The game supports:

- Memory and concentration
- Physical movement
- Cognitive stimulation
- Social connection

Using interactive senior care tools like lights that flash when it's time to move helps players stay focused and know exactly when to act.

## Trivia

Trivia uses short questions about familiar topics like music, food, or places. To reduce frustration during the session, **keep questions simple** and give players time to think. At our community offering senior living in Mt. Pleasant, IA, you'll find an activity room where residents gather to play and share memories.

## Name That Tune

In Name That Tune, you play short parts of familiar songs and have players **guess the title or singer**. The game strengthens memory and attention while triggering emotion tied to music from the past. Music plays such a vital role in senior care that our community, which offers [assisted living](#) in Mt. Pleasant, IA, hosts live performances under the stars to lift mood and reduce restlessness.

## Memory Tray

In the Memory Tray game, you study a group of small items on a tray for a short time, then try to recall each one after the tray is covered. Many memory support programs include it because it helps with:

- [Focus and recall](#)
- Visual organization
- Confidence during memory tasks

## Frequently Asked Questions

### What Are the Best Word Games for Seniors With Dementia?

Good choices include **word search**, **crossword puzzles**, fill-in-the-blank phrases, and naming games built around everyday objects. These strengthen recall by linking familiar words to their meanings and sounds. They also keep attention steady and make day-to-day conversation easier.

### What Are the Best Sensory Activities for Dementia?

Good options include **hand massage**, **water play**, **feeling textured fabrics**, and using **scented oils** to create calm and awareness. These activities reach the senses through touch and smell, helping reduce restlessness. They also guide focus toward pleasant sensations, making care routines easier and more comfortable.

## **How Long Can a 70-Year-Old Live With Dementia?**

A 70-year-old diagnosed with dementia can live anywhere from five to ten years on average, or even longer, ***depending on health, support, and early care***. Regular medical follow-up and a good daily routine help slow decline and improve comfort. Supportive environments also reduce stress, which can extend quality of life over time.

## **Enhance Memory Through Brain Games for Seniors With Dementia**

**Brain games for seniors with dementia** encourage focus, coordination, and social connection. You can try trivia, board games, card games, Simon Says, Name That Tune, jigsaw puzzles, or picture matching.

At Addington Place of Mount Pleasant, ***our memory care expert associates are available 24 hours a day, seven days a week***, to provide support. They engage residents in sensory activities and quiet reflection to promote fulfillment. [Contact us](#) to explore a care community where each day brings joy and strengthens memory.