



Checklist for a Successful Window Visit

- Choose a good time of day- when are they at their best?
- Limit Distractions- no negative signs
- Have a favorite beverage or snack
- Give them some privacy- stay close, but not too close
- Limit background noise- turn off the TV and/or Radio
- Be Prepared for the weather- blanket, hat, sunglasses, ect.
- Have things to talk about, having pictures or other items to share can help the conversation- what's meaningful?
- Keep the loved one included in the conversation
- Personal grooming- hair brushed, clean glasses, lipstick?
- Consider limitations- are they hearing impaired? is vision poor?
- Visit the restroom before the visit starts
- Walkie-Talkie Suggestion- V Tech Audio Baby Monitors



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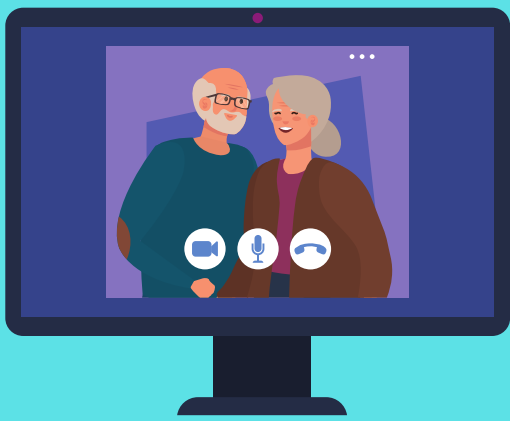
FRANKE TOBEY JONES
Enjoy your age

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Checklist for a Successful Zoom or FaceTime Call

- Choose a good time of day- when are they at their best?
- Make sure the area you are using has a strong signal
- Limit Distractions- no negative signs
- Make sure to include them in the conversation
- Are there too many participants? Small is best
- Give them some privacy- stay close but, not too close
- Make sure devices are charged
- Limit background noise- turn off Radio and/or TV
- Make sure the lighting is good
- Are they able to understand you- are you speaking slowly & loudly enough?
- Have a snack or beverage to share
- Make eye contact with the camera not the screen
- Have things to talk about, having pictures or other items to share can help the conversation, what is meaningful?
- Use the restroom before visit starts



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Suggested Activities

- **Visit the Point Defiance Zoo & Aquarium**
 - Visit for tickets: www.pdza.org
- **Take the Five Mile Drive at Point Defiance**
 - Visit: www.metroparkstacoma.org/five-mile-drive-trails-point-defiance/
- **Visit places from their past, old neighborhoods, college campus, ect.**
- **Reach out to your local Senior Center to find out about virtual activities**
 - Visit for Pierce County Senior Centers:
www.piercecountywa.gov/650/Senior-Centers
- **Try a virtual painting class**
 - Visit: www.pinotpalette.com/virtual
- **Visit a local College Campus**
- **Take a drive on one of Pierce County's Scenic Byways**
 - Visit: www.traveltacoma.com/things-to-do/road-trips/
- **View historical cars at the LeMay Collection**
 - Visit: www.lemaymarymount.org
- **Print some coloring pages and color together**
 - Visit: www.justcolor.net
- **Visit Lakewold Gardens**
 - Visit: www.lakewoldgardens.org
- **Learn about the state flower at the Rhododendron Garden**
 - Visit: www.rhodygarden.org/visit/
- **Paint their nails in a cheerful color**



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Resource List

- **Dementia Road Map, A Guide for Family and Care Partners**
 - To view on-line: www.dshs.wa.gov/altsa/dementia-action-collaborative
 - Paper Copies: dementiaroadmap@dshs.wa.gov
- **Caring for a Person with Alzheimer's Disease; Your Easy-to-Use Guide from the National Institute on Aging**
 - Call for a copy: 1-800-438-4380
- **Tips on Coping with and preventing Sundowning**
 - Visit: www.nia.nih.gov/health/tips-coping-sundowning
- **Medic Alert and Alzheimer's Association Safe Return**
 - Visit: www.alz.org
 - Call: 1-888-572-8566
- **Give Children information on Alzheimer's Disease**
 - Visit: www.alz.org/documents/national/brochure_childrenteens.pdf
- **By 2030 there will be 20,000 people living with dementia in Pierce County. To become to Dementia Friend please:**
 - Visit: www.lcsnw.org or call 253-272-8433 or email dementiaservices@lcsnw.org
- **Tips for using FaceTime, iPhones, and iPads**
 - Visit: www.ellentipsforios.com
- **GrandPad- Tablet for Seniors**
 - Visit: www.grandpad.net
- **Guide for using Zoom**
 - Visit: ww.seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf



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Resource List

- **Using Amazon Alexa Care Hub**
 - Visit: www.amazon.com/Alexa-Care-Hub/b?ie=UTF8&node=21390531011
- **Things for Seniors to ask Alexa**
 - Visit: <http://livingwithbeth.com/10-amazingly-clever-things-senior-citizens-ask-alexa/>
- **Walkie-Talkies- V Tech Audio Baby Monitors**
 - Visit: www.amazon.com/VTech-DM221-2-Vibrating-Sound-Alert-Intercom/dp/B007NG5UEU



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