

Celebrating Autumn with the elderly

Autumn is a beautiful time of the year. As it cools down, it's great to encourage the elderly in your care to venture outside and enjoy the sunshine. If that's not possible, Autumn crafts can be fun!

4 Autumn activities

1. Enjoy Autumn beauty with Walks

Depending on your area, seniors should be able to see plenty of Autumn colors in the trees and bushes along walking paths.

For seniors who can't walk more than a few steps at a time, a visit to a park or a stroll in a wheelchair will still allow them to see the changing colors and enjoy the crisp Autumn air.

2. Craft Activity: Autumn Wreath

A popular craft is an Autumn wreath that features everything from Autumn leaves and tiny pumpkins to pine cones and small ears of corn.

3. Group Activity: Puzzles

Sitting at the table with other residents or visitors with a warm beverage and an Autumn-themed puzzle is a great way to celebrate the season.

4. Craft Activity: Autumn colouring pages

You can simply print out Autumn-themed coloring pages, since adult coloring is known for being relaxing for people of any age.



Resources:

<https://www.theseniorcarenetwork.org/fun-fall-activities-for-seniors/>