

Meaningful Engagement at Home

Simple, purposeful ideas based on lifelong roles, interests, and routines

Start with the person—not the activity.



Household Tasks

Set the table
Clear the table
Do dishes
Fold laundry
Fold towels
Match Socks
Dust Furniture
Wipe Counters
Sweep
Vacuum or carpet sweep
Make the bed
Water plants
Organize drawers
Sort Mail
Polish silver
Sort utensils
Refill napkins and shakers



Cooking & Meals

Wash produce
Peel vegetables
Slice strawberries
Snap beans
Shell peas
Measure ingredients
Stir batter
Mix ingredients
Crack eggs
Butter bread
Prepare sandwiches
Arrange fruit
Prepare snacks
Brew coffee
Make tea
Wash dishes
Dry dishes
Set out ingredients



Gardening & Yard Work

Water flowers
Water vegetables
Pot plants
Plant bulbs
Pull weeds
Deadhead flowers
Harvest herbs
Harvest vegetables
Fill bird feeders
Sweep porch
Sweep patio
Rake leaves
Collect sticks
Wash patio furniture



Caring Roles

Feed a pet
Brush a pet
Fill water bowls
Give treats
Care for a young child/doll
Fold baby clothes
Read to grandchildren
Organize children's books



Games & Puzzles

Dominoes
Jenga
Scrabble tiles
Playing cards
Matching games
Sorting games
Dice games
Puzzles



Music & Creativity

Singing
Dancing
Painting
Coloring
Flower arranging
Knitting
Crocheting
Rhythm instruments
Photo albums
Reading aloud
Photography
Collections
Office work
Volunteer activities



Lifelong Roles & Interests

Woodworking	Farming
Tools	Fishing
Cars	Military
Trains	Faith activities
Sports	Sewing

Finding the Right Activity *Who have they always been?*

Ask yourself: *What roles mattered most?*

What brings them joy?

What routines give them purpose?

What CAN they still do?