

BATHROOM

brush teeth using the toilet taking a shower



COOKING

planning seasoning food washing the dishes



MEALS

breakfast lunch dinner



GETTING DRESSED

dressing up for a special occasion combing your hair putting on pyjamas



TRANSPORT

driving a car taking a taxi taking the bus



WORK

organisation finances calendar



DAILY TASKS

going shopping going to the bank going to the doctor



HOUSEKEEPING

making the bed cleaning sweeping



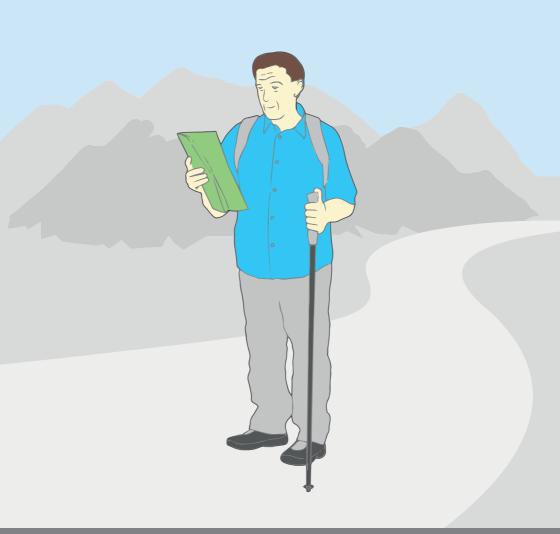
PETS

walking the dog feeding them looking after them

getting a massage using make-up going to the hairdresser

WELLBEING





OUTDOORS

travelling going for a walk playing games



RESTING

taking a nap going to bed relaxing



HOME ACTIVITIES

playing an instrument gardening hand crafting



SPORTS

working out riding a bicycle going swimming



ENTERTAINMENT

listening to music watching tv going to a concert



SOCIAL ACTIVITIES

talking to your neighbours visiting friends going to church



FAMILY

visiting relatives buying birthday presents having a family dinner



COMMUNICATION

calling someone answering your emails writing a letter



ENTERTAINMENT

watching TV listening Music reading a newspaper or book

MinD TEAM, EXTERNAL PARTNERS AND AUTHORSHIP



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AUTHOR:

Michaelle Bosse, Technische Universität, Germany

CONTRIBUTORS:

Helen Rochford-Brennan, European Working Group for People with Dementia

Julie Gosling, Nottinghamshire Healthcare NHS Foundation Trust, UK

Vjera Holthoff-Detto, Alexianer St Hedwig Kliniken, Berlin, Germany

Isabelle Tournier, University of Luxembourg

Ana Diaz, Alzheimer Europe, Luxembourg

Dianne Gove, Alzheimer Europe, Luxembourg

Rosa Almeida, INTRAS, Spain

Julia Garde, Universifty of Twente, Netherlands

Mascha van der Voort, University of Twente, Netherlands

Ben Salter, University of Wolverhampton, UK

Kristina Niedderer, Manchester Metropolitan University, UK

PROJECT TEAM:

Dew Harrison, Aleksandra Galasinska, Tina Smith, Hiran Patel, Christopher Dennett, Kathryn Partington, Jennifer Lim, University of Wolverhampton, UK; Donna-Maria Coleston-Shields, Tom Dening, Michael Craven, Nottinghamshire Healthcare NHS Foundation Trust, UK; Alex Hogan, ETIC Lab, UK; Thomas van Rompay, Armagan Karahanoğlu, Geke Ludden, Universifty of Twente, NL; Ingeborg Griffioen, Jochem Wilson, Ben Bokkers, Panton Healthcare Design, Deventer, NL; Ed Notenboom, Marja Wolswijk Zorggroep Sint Maarten, NL; Christian Wölfel, Jens Krzywinski, Sebastian Lorenz, Kathrin Büter, Lisa Lüneburg, Michaelle Bosse, Technische Universität Dresden, DE: Michele Zanasi, Berit Ziebuhr, Alexianer St Hedwig Kliniken, Berlin, DE; Isabelle Tournier, Mathilde Lamotte, Afsaneh Albrilahij, University of Luxembourg, LX; Christophe Bintener, Alzheimer Europe, LX; Elena Bellini, Alessia Macchi, Duit, Florence, Italy; Zuzana Prochazkova, Jordi Paris, Picharchitects, Barcelona, ES;

Yolanda Bueno Aguado, Guillermo Benito, Raquel Losada, Teresa Cid Bartoleme, Eva Galán, Irene González, Marcos Muñoz, Adriana Grau, Sandra García, INTRAS, Valladolid, ES; Andreu Catala, Marta Diaz Boladeras, Universitat Politecnica de Catalunya, ES; Thea Blackler, Queensland University of Technology, AU; Daniil Garayzuev, Daniil Razdyakonov, ITMO University, St Petersburg, Russia.

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Further project information: www.designingfordementia.eu Contact: Prof Kristina Niedderer k.niedderer@mmu.ac.uk