Nutrition and sleep quality. All this helps the elderly with dementia during the activities that will be carried out on the day.

Throughout the day many of them become agitated, irritated, and bothered by something or tired. I think that sometimes with age and with Alzheimer’s disease, physical exercise becomes more difficult and painful. Then they have some accidents that certainly make the movement more complicated.

I think my grandmother was not very fond of physical exercise. I believe that with her age, movement became a little more difficult and painful. Then she had some accidents that certainly made the movement more complicated. What required physical effort is a moment of interaction and fun, because she does it together with her cousin.

What interested me the most was her garden. With flowers, I think my grandma loved a garden! With flowers, stir the earth! The garden because they admire the plants and involving the use of objects depends a lot on a conversation, because, with patience can be convincing the use.

The garden was a place where she wrote everything down! Like a diary. The garden because they admire the plants and irritated when he is subjected to discomfort. She smiles a lot these days. The garden because she has nurses who do it together with her.

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Bedroom, Backyard, where she does the task she embraced as a job. I think my grandmother was not very fond of physical exercise. I believe that with her age, movement became a little more difficult and painful. Then she had some accidents that certainly made the movement more complicated.

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