**The Greatest Gift You Can Give Someone is Your Time**

**Uplifting Activities for People with Limited Mobility**

1. **Learn some words in a new language**
Learn a few words from different languages to communicate with your non-English speaking residents. Simple sentences such as 'good morning', 'hello', 'hungry?', 'are you in pain?'. Look for someone to teach you the proper pronunciation. Learning to say some words in a new language is fun!
2. **Enjoy some brain games**
Books of riddles / quizzes / word searches / sudoku and arithmetic logic are available at Newspaper shops. They provide endless hours of entertainment and fun; they are also inexpensive. Sit with your client and work on a riddle or word search together to inspire them.
3. **Write a letter or read a poem**
Find out if your client would like to write a card or a letter to a friend or relative. Encourage and assist with this task. Also, read some poems to your client; Poems about friendship, Mother's and Father's Day, love, comic poems, limericks etc. It is a good topic of conversation and excellent for reminiscing.
4. **Entertain with old time movies & tv shows**
Offer magazines, books and DVDs of their choice. Ask relatives what TV shows and movies they enjoyed, what kind of music and films they like etc. If possible watch the movie yourself and have a discussion about it later.
5. **Play Music**
Music reduces stress and lifts spirits. The radio should be tuned into a station of their choice or if possible, provide them with an ipod with a playlist of music from their youth. If they speak a language other than English, borrow CDs from your local library with music from their country.
6. **Put together some jigsaw puzzles**
Large jigsaw puzzles with 16 to 24 pieces are ideal for the bed side table. Find puzzles with beautiful images for reminiscing - scenery, animals or even tools and objects from the past.

**Good Luck!**

Remember the best gift you can give a person with limited mobility is the gift of your time; just being there to hear them or hold their hand.