

LACING CARDS

for people living with cognitive decline

Lacing Cards is a fun activity for you and your loved to make, and then for your loved one to enjoy on their own or sharing with a friend or relative.



This hands-on activity provides cognitive stimulation, such as eye-hand coordination and fine motor finger skills. The repetitive nature of lacing is especially good for adults who are low functioning due to cognitive decline. These can be used at home or on the road to avoid restlessness or inactivity.

These fun cards can be made and customized using regular household items.

Materials needed:

- Cardboard from recycling (cereal box, cracker box, juice or milk container, file folder, any heavy card stock)
- Wrapping paper or other decorate papers
- Yarns and shoe laces
- Scissors
- Ruler
- Hole punch
- Glue stick or rubber cement
- Scotch tape
- Images that resonate with your loved one – 2 per card



Making the cards:

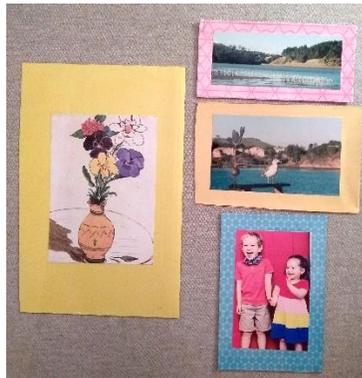
Note that your loved one can participate at any point, depending upon their capacity, or cards can be prepared in advance by a family member or caregiver.

Step 1: Cut shapes out of the cardboard. Could be a square, a rectangle, a heart, an animal, or other shape.

Step 2: Select the images that you want to use for each side of the cards. These could be photos of family, animals, special places, a greeting card, postcard, or pictures from a magazine. The idea is to select images that will resonate in a positive way with your loved one and bring them joy.

Step 3: Decorate your cardboard pieces. Glue down wrapping paper or other colorful paper to cover the cardboard.

Step 4: Glue down your selected images in the center of each side of your cards. You may want to pair your images by topic. Leave plenty of room around the edges for the lacing holes.



Side 1 of cards



Side 2 of cards

Step 5: Punch holes around the edges of your cards. Typically the holes are evenly spaced, however feel free to be creative. Consider what your loved one might enjoy and be capable of doing.

Step 6: Cut yarn into segments of about 3 feet and 4 feet in length (the longer ones are for the larger cards). Different colors are fun to work with. You can also use shoe laces. If using yarn, cut a piece of tape about 1.5 inches in length. Place the end of the yard on the tape, at an angle. Roll the end over and over to create a stiff end. Trim the top. This makes it easier to thread through the holes.



Have fun with each card. Engage with your loved one about each image. Ask “What do you see?” “What do you like?” “What might be happening here?” “What name do you want to call this card?” Invite them to select a colored yard or shoe lace to lace their card. When finished, repeat this process with the next card.

When done, ask your loved one to help unlace the cards. If this brings them stress or anxiety, put them aside and unlace them later when your loved one is not around.

Have them ready for another round of lacing!

