

Daily Blog

Category: Newsletter

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Learn How to Make an Activity Mat with Alex

Do you know someone who is suffering from Alzheimer's disease or some other form of dementia? Both Alex and Ricky had parents who suffered and they'd like to share with you an idea that Alex's mother found particularly comforting. It is an activity mat.

Activity mats are designed to safely stimulate and soothe people with Alzheimer's, dementia, autism, ADD, head trauma, or persons recovering from strokes. They are generally customized to the individual as you can see in this video with Alex and Ricky.

The University of Iowa Hospitals and Clinics has a PDF with directions and photos to help you create your own activity mat. [Click here to download.](#)