If a senior has a regular route through the grocery store or to the mailbox, she may want to try a different route. Research has revealed that such a technique exercises the brain.

Or, if an older adult can’t leave the house, help your senior break a routine. Drink tea in the afternoon instead of coffee in the morning. If he reads the newspaper in the morning and watches television in the afternoon, suggest that he try switching that around. Make a note of what she likes and doesn’t like about the new order.

While she is going about her day, ask your mom to use her opposite hand to open doors and brush her teeth. Or suggest to dad he wear his watch on the opposite wrist. These activities will help their brains re-think daily tasks.