

# LEAP

Life Enrichment Activity Program



## Activity Tip

### Memory Activity

## Coin Sorting

Coin sorting, or sorting activities in general, are beneficial to residents with dementia. Sorting is a coordination exercise that can boost 'fine' and 'gross' motor skills. Here's what that means:

**Fine motor skills:** These skills involve the use of smaller muscles in the hands, commonly activities like holding a pencil, buttoning a button, using scissors.

**Gross motor skills:** These skills are more physical and require whole body movement. They involve the large muscles of the body, commonly used for activities like walking, standing and sitting upright. They also include eye-hand coordination skills.

Both fine and gross motor skills are important for quality of life and managing every day tasks.

Coin sorting has an added benefit of the element of nostalgia, too. Many older adults may have spent time managing their family's finances and doing some coin sorting themselves. All you need are the things you see in the picture to the right. If you can find coin rolls, that could be a great addition to this activity. Please take care in determining if residents need to be monitored during this activity as small coins can be dangerous if swallowed.

