

Activity ideas
for you and
your loved one



The activities team in each of our homes are happy to assist you in relation to providing ideas, materials and guidance so please just ask.

Safety precautions

While we expect that you will enjoy many of the activities outlined or indeed those which you come up with yourself we do advise everyone to be mindful of the possible risks associated with any activity. In particular:

- Moving wheelchairs and comfort chairs.
- Walking with residents on ground which may be uneven.
- Using materials which may be harmful such as paints.
- Using objects which could be ingested such as small parts from board games.



Benefits of activities

At CareChoice we strongly believe in the benefits of activities and meaningful occupation, and strive to have a selection of activities available each day. Activities have many benefits such as:

- Preventing boredom and loneliness.
- Maintaining physical ability.
- Keeping the mind active and engaged.
- Aiding socialization and creating friendships.
- Maintaining previous interests and hobbies.
- Reducing episodes of behaviours which can be challenging.
- Building the resident's self-worth and confidence.
- FUN!

You can be involved too!

You know your loved one better than anyone and probably already have ideas of what they may like to do but just in case here are some ideas of activities you may wish to try.

- Board games and puzzles are available at your request.
 - Enjoy our gardens, and if you would like a cool drink on a summer's day just ask!
 - We have a selection of books in the library, including poetry and quiz books.
 - Crochet and knitting materials are available.
 - Try completing a crossword or word search.
 - We welcome pets but please use a lead at all times.
 - Play cards.
 - Listen to your loved one's favourite music.
 - Meet other residents and their families, it will make your visits more enjoyable and your loved one will make social connections.
 - Have a classic film afternoon, we can set up a sitting room or perhaps lend you a DVD player for your loved one's bedroom.
 - Set up a Skype call with a loved one living abroad.
 - Discuss with the nurse about arranging a trip out.
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Life stories and reminiscence

Many of us enjoy a trip down memory lane, and what better opportunity to do so then while visiting your loved one. Simple ways of facilitating these conversations is through using:

- Photo albums
- Scrap books
- Life Story books
- Collage frames
- Memory boxes

Life Story Books

At CareChoice we find that knowing more about our resident's past helps us to provide more person-centred care. One way of finding out more about a person's past is by completing a Life Story book.

These books are beneficial to the residents themselves, their families and to staff. They are a tool to capture moments in the person's life which were particularly meaningful to them. They have long been used with people with dementia as an enjoyable and meaningful activity but we recommend that everyone should have one. We would be delighted to offer you a book and to give you the guidance and support on how to complete one with your loved one.

 homefromhomecarechoice

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 CareChoice Group Ireland

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