

Resource 2

Look at the resource below, which shares some different activities one care home has provided to support their residents.

Do you think you would enjoy any of these activities?

Creative Activities

These include activities such as painting, making decorations, flower arranging, model making, bird box and feeder making, knit and natter and clay pottery.

Day Trips

Trips out away from their residential care might include meals out, visiting points of interest, shopping or cultural trips.



Activity Guide from Ideal Carehomes



Stimulating the Mind

These are activities that require memory, problem solving and logical thought such as quizzes, word games, poetry, jigsaws, audiobooks/storytelling, documentary and discussion and talks by experts and enthusiasts.

Reminiscing

Prompts are provided throughout the building and dedicated activities planned to allow reminiscence time such as war time singers, memory boxes, themed rooms, 'Old News' - On this day..., food of the past etc.

Staying Active

Being active is important. Opportunities are provided for armchair exercises, tai chi, carpet bowls, dancing, gardening, or a trip to the shops.

Being Sociable

Each week, there are lots of sociable activities for residents to join in and make friends. These include wine and cheese tasing nights, hobby clubs, music workshops, singing, karaoke, coffee mornings and afternoon teas.

Each care home has a monthly residents meeting to find out if there is anything else they would like organising for them.