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## ACTIVITY PLAN

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### **Type of Activity:**

#### ***Hosting a Themed Year***

Outworked by having different sub themes each month that relate to the years theme. The various activities offered each month take on the flavour of that monthly sub theme.

### **Preferred Location and Alternative:**

Within the residential aged care setting or community and also within the greater community settings. The theme spills over into every area of life each month. Bringing an all-round approach to the activity delivery.

### **Purpose of activity:**

To provide stimulating and relevant activities of recreation and leisure to clients. Outworked in a theme over a year, with monthly sub themes that bring the year's theme to life. Providing activities that encourage a sense of purpose and anticipation in clients, giving them the desire to remain involved in the activity program throughout the year. Giving the residents something new to learn and something to look forward to as the year progresses. By having a multi layered and themed approach to the activities on offer, we hope to reinforce new learning and create stronger community bonds in our home. We hope the clients feel they are a part of something together that has a purpose and is ongoing. We hope they look forward to each month as they journey the theme of that year.

### **Expected Outcome:**

For Residents to verbally express or display behaviourally they are achieving new things, learning new things, gaining a healthy end of life resolve over some things? I.e.; their unfulfilled dreams and goals. Having enjoyment in daily life that is connected to a greater purpose. To see the living community of our home become more socially connected and well. To maximise client involvement and create a happy environment.

**Approximate duration:**

It is an ongoing approach to activity delivery. We are working within the sub theme ideas of each month, throughout the year on every level.

**Barriers/limitations to participation:**

Financial, access to resource Dementia related illness, Poor mobility, visual or hearing impairment, reduced use of fine and gross motor skills, these and other age related issues can constrain people from attending or fully participating in activities of choice. However extra support can be given to these people to assist in bridge the gaps and encourage participation.

**Equipment and resources required:**

Theme music, dvd's, readings, creative projects, pictures, dress ups, poetry, food, cultural aspects, outings related to theme, guest speakers, books, Articles, Games, Puzzles,

**Facilitators Notes:**

Be forward thinking and when you see things that relate to the months ahead, grab them and file them away for that month.

Consult the client base at every stage. Continue to ensure they are enjoying the activities related to the themes.

On the page of the 1<sup>st</sup> of each month keep running notes of what ideas come to mind. I.e.; movie and music titles. So you have ideas ahead of time already flowing.

**Cost:**

It is possible to work within the budget given by a workplace. Utilise community groups, schools, libraries, staff resource, resident experience and relative and friends connections. Be creative.

Developed by: Lesley Fox

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Signature: