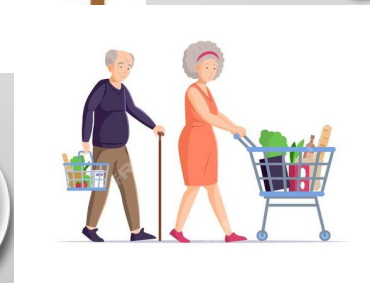
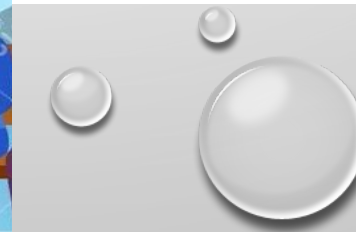
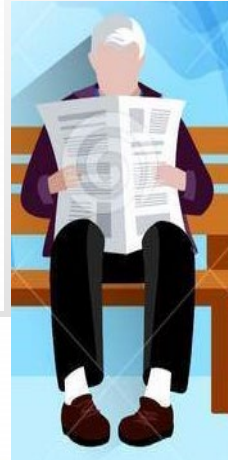




MEANINGFUL ACTIVITIES TO DO AT HOME

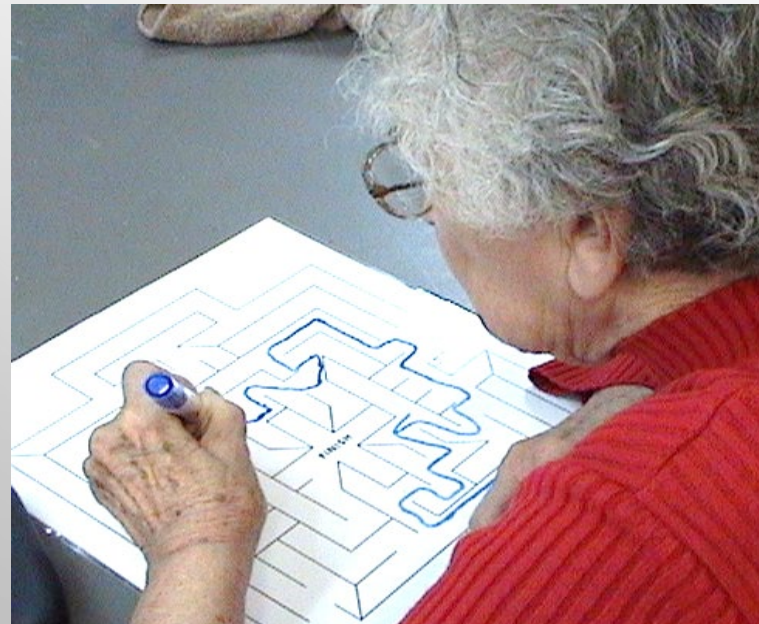




A Balanced Life – Activity Profile

- 1) Personal Management – ADL/iADLs
 - 2) Work
 - 3) Leisure – alone or with others
 - 4) Sleep
- 

The importance of Activities



Who am I?

What is MEANINGFUL to me?

What are my needs?

What are my strengths?

How do I react when I'm stressed/
happy/tired?

Am I a night owl or an early bird?

Who is part of my team?

Am I a socialite or introvert or
do I prefer small groups?

What was my job?



DEMENTIA


is umbrella term used to describe a set of symptoms that can include changes in:



and must be severe enough to interfere with a persons ability to function.



STAGES – what to do in each i.e.

- Early
 - Middle
 - Late
- 



Tips for making activities possible and meaningful

Time of day

Comfort

Simple – steps

Support + encourage

Do WITH not FOR

Measure engagement

Complete 1 step at a time – don't rush to finish

Focus on the **PROCESS** not the **END PRODUCT**



Conclusion

