

Meaningful engagement during time of social distancing due to corona virus outbreak

Intensive Support Service

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**Meaningful engagement during time of social distancing
due to corona virus outbreak**

The Government has advised that all people adopt the guidance on social distancing

The people we support in the community, inpatients and residential settings will experience disruption and changes to their usual routines, meaningful activities and interactions due to social distancing. ***Please see latest government guidance.***

These individuals (and anyone self-isolating) are at risk of occupational deprivation. Occupational Deprivation is “the prolonged restriction due to circumstances outside of the person’s control” which affects mental and physical well-being. (Whiteford 2000)

Therefore we need to start being creative in how we support the individuals we work with to participate in meaningful activities, and routines as much as is possible (within the guidance), directly and through their supporters to promote physical and mental well being. Please see RCOT guidance on staying well when social distancing <https://www.rcot.co.uk/staying-well-when-social-distancing>

The individuals that we work with may have difficulties with:

- Changes in routine
- Not being able to see people who are familiar and important to them
- Not understanding why changes are happening around them
- Managing worries about what they see and hear on the news etc
- Difficulties initiating, sequencing or continuing activities independently and may need support to do this.

STRATEGIES AND SUGGESTIONS THAT MAY BE HELPFUL AT THIS TIME:

- Predictability and routine –

- Having visual information of what is happening and ensuring it is up to date with any changes
- Using an up to date activity timetable / now and next board etc,
- Communicating what are staff on shift and updating for changes and new staff – could there be photos sent with any agency / bank staff used?
- Using social stories to explain changes and managing concerns (see attached for examples)
- Building handwashing into the start and end of activities where ever possible (see attached for examples of handwashing guidance)
- Continuing as many elements of usual routine that are possible whilst still following latest government advice.
- Promoting choice and control where ever possible, but this may need to be adjusted to what can be chosen at that time. – ie only offer choices of what they can actually do at that time
- Remove (from choice boards , timetables etc) activities that are not accessible / possible in current climate to avoid disappointment and frustration. (ie.place is closed)
- Think about about actively supporting the person
- Individual risk assessment will be needed - Ensure that activity items are cleaned after use – You may wish to have individual (labeled) activity boxes at this time to reduce risk of cross contamination.
- Anything that cannot be used safely without supervision put away after use.
- Keep information about what is happening simple, this means that it is easier to change if necessary.

It may be helpful to have individual (labelled) activity boxes with items that meet their interests, items should be cleaned and returned to the box after use as the virus can stay on objects for many hours unless cleaned). Items in the box should be reviewed and rotated to ensure that activities are varied.

Suggestions for other activities:

Activities of daily living

Food preparation by the individual client may need to be for individual consumption during social distancing

- making drinks / smoothies
- sandwich making
- making dips / salads
- puddings
- pizza
- bread making
- baking
- taking part in meal preparation
- laying table for themselves,
- doing laundry
- washing up
- filling dishwasher
- sweeping / mopping
- Gardening, digging , planting , watering plants
- Making bed,

- Doing laundry ,
- Cleaning room

Exercise / movement

- Dancing - make up your own, take it in turn to copy each others or learn a new dance
- Stretching , yoga type moves
- Following exercise videos (see attached for some ideas – there are many available
- Obstacle course
- Trampoline or Swing
- Bean bag target
- Running races
- Running, jumping, stomping,
- Stretches, wall pushes
- Treasure hunt
- Skittles
- Football and other ball games – throwing and catching
- Balloon volley ball

Outdoors

- Where there are facilities in garden use them
- Circuits in garden (eg, target games with bean bags, going through hula hoops, running back to point etc, sports day like activities
- Nature / bird spotting / cloud watching
- Outdoor gyms
- Muddy / hill walks eg box hill – national trust sites are currently free, there are also many parks in Surrey
- Dog walking

Creative

- Making pictures for room / door name plate
- Painting, hand, finger, brush or object
- Colouring – free or guided
- Card making
- Junk modelling
- Collage
- Paper mache
- Play dough modelling (can mix and make own – not to be shared or kept)

Music

- Singing
- Karaoke
- Making up songs,
- Singing and playing instruments along to music ,
- Making a playlist of favourite songs

Games and puzzles

- Word games (crosswords, hangman)
- Board games (ludo, connect 4, snakes and ladders, pairs etc)
- Card games (snap, play your cards right to more complex games)
- Dominoes
- Quizzes
- Picture matching
- Memory games ('Kim's game')
- Jigsaw puzzles
- Word search
- Find items (eg where's Wally)
- Learn a new skill

Interaction –

- Phone calls
 - Making a album of who / what is important to me
 - Making cards including thinking of you cards, notes and postcards (mothers day soon),
 - Debates /discussions
 - Writing about your day
 - Discussions about topics
 - Story making
 - Reading together
 - Emails, Skype, social networks
 - Explore places on virtual tour, find out about a place you are interested in
 - Watch tv programmes, films, previous sporting events – talk about what you like and don't like
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- There is an increasing wide range of resources online including exercise / dance videos, singing, art / creative, activities and virtual tours.

Activity ideas for when you need to stay at home



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Activity ideas for when you need to stay at home

When we need to stay at home it can be hard to know what to do with our time. Here are some suggestions of activities you could try. These will not be appropriate for everyone, so pick and choose based on your knowledge of the person you support and previous guidelines and recommendations from health care professionals. Lots of resources and ideas can be sourced online.

Personal care tasks

Have a vigorous shower – use different sponges and scrubs and different soaps

Teeth brushing and flossing

Hair brushing – trying different hairdos, plaits, ponytails (ideas online!)

Have a shave, use a brush and shaving foam

Massage (head, shoulder, feet, hands)

Bubble bath

Paint your finger nails

Moisturising/creaming

Aromatherapy activities

Essential oils on hot/cool flannel

Foot spa

Hot water bottle (not too hot) and wheat microwavable pillows (there are scented versions)

Do some meditation classes, there are different kinds you can find and try online (guided imagery, progressive muscle relaxation, mindfulness)
Do online exercise classes – there are all kinds online including seated versions

Domestic tasks

Hoovering/vacuuuming

Dusting and polishing

Sweeping

Mopping the floors

Spring cleaning -organising drawers and wardrobes

Emptying the bins

Checking the cupboards and writing a shopping list

Ordering shopping online and putting things away

Laundry (putting things in the washer, hanging things up with pegs to dry, folding and sorting, putting away in drawers)

Handwashing clothes

Putting things you don't need in a bag for charity

Looking after plants (watering and re-potting and planting, removing the dead leaves/flowers)

Changing your bed sheets

Washing and drying up (use lots of soap and bubbles and different types of scrubbers and sponges)

Loading and emptying the dishwasher

Wiping down counters and tables

Setting and clearing the table

Polishing shoes

Mending things (holes in clothes, or things that need gluing)

Ironing

Making tea (you could use a teapot and a tray and sit down for tea-time together)

Washing windows

Home decorating

Cooking:

Loads of recipes online

Peeling and washing and preparing food

Fruit/vegetable salad

Sandwiches and toasties

Ice-lollies

Fruit smoothies with blender

Soda stream for fizzy drinks

Chocolate crispies

Non-cook recipes (like fruit kebabs, lots of recipes online)

Baking bread or biscuits – use packet or raw ingredients

Popcorn

Angel delight

Crumble

Leisure tasks

Arts and crafts:

Cards and letters – make your own, send to your friends and family

Scrap-books related to personal interests ie trains, popstars

Keep a diary, make a story about what you did when you had to stay at home

Taking selfies and family photos – have fun with filters!

Making a collage

Hand painting/printing

Sewing/embroidery/knitting

Making jewellery, beadwork

Making models

Modelling with papier-mache

Printing with stencils

Painting by numbers

Magic (water) painting

Using online apps to do art work

T-shirt decorating

Sticker books

Drawing or painting

Pottery with air drying clay

Making salt dough (make the dough at home from flour and water and salt, mould it in to shapes, bake and paint, recipes online)

Block printing (or use a potato-stamp!)

Reading or looking at magazines/newspapers/old photo albums

Acting and role play

Have a fashion show, dress up!

Make a 'smelly box' with different scents (ie body lotion, coffee beans, washing powder, mint mouthwash, marmite, star anise, cinnamon, perfume, essential oils etc)

Music:

Playing musical instruments – have a concert

Singing – record it, make an album!

Listening to music

Make your own playlists – make different playlists for different times(upbeat/relaxing)

Karaoke

Dancing – even seated chair dancing!

Make your own musical instruments (ie plastic bottle with rice or lentils inside)

Musical bingo

Socialising:

Sending emails and text messages and voice recordings and video clips about your day to checking in with friends and family Sending letters and cards

Using social media to connect with others

Using the telephone to call people – use the video function to see them

Discussions about people/places things

Storytelling

Start a blog or website to share your interests with others

Games:

Games on ipad – there are all kinds of apps you can tailor for individual interests

Wii

Jigsaw puzzles

Card games, such as snap

Bingo

Memo

Ball or bean bag games – throw these into a basket (add points for competition)

Velcro dartboard

Balloon volleyball (bat this backwards and forwards between you, or balloon tennis - try to get it over something a line of tape on the floor)

Clapping games

Rhymes and tongue twisters

Jenga and connect 4

Board games

Tabletop football

Water play with colendars, funnels, pots and pans, paintbrushes

Blow bubbles – catch and pop these

If you have access to a garden:

Potting plants

Weeding

Sitting in swing chair

Ball or racket games

Frisbee

Touching and smelling plants and herbs and flowers

BBQ

Looking after birdtable or feeder – you can make your own birdfeeder with old plastic bottle (instructions online)

Sowing seeds (can also be done inside)

Growing vegetables

Watering the garden

Caring for hanging baskets and window boxes

Looking after compost

Thank you for your support – it is invaluable in keeping the person you support and community well! Please contact the team using the number above if you have any queries we may be able to support with, or if you are struggling to find activities to do with the person you support at home.

