

KEEPING ACTIVE PLAN

Many of the little things we take for granted in our lives are the ones we'd miss most if they should stop; being able to choose what we wear, meeting our friends, enjoying our hobbies and interests. For our residents these needs should not change. With a comprehensive assessment and working closely with our residents we can identify the little things and ensure they carry on in this caring environment.

In order to help our residents enjoy time away from group activities we need to identify creative ways in which they can contribute to their own care and the life of their home.

It is more likely that you'll find out a residents likes, dislikes and abilities over time, so this "Active Plan" plan is a dynamic document. Meeting the aims in this Active Plan is a key objective of each Care Team members day, from helping them to fold their own clothes to receiving their daily paper. This Active Plan should be written with the residents positives abilities in mind at all times and what we can do so that they can do more for themselves. Care planning for active living will involve thinking creatively to find solutions where our residents experience difficulties.

It is important that residents do not feel pressurised to participate in group activities, they may respond better to one to one, sensory stimulation or day to day helping on the unit.

When planning take into account:

- Splitting complex activities down to individual simple tasks that will build to complete the activity.
- Sensory deficiencies.
- Time of day
- Use of everyday house tasks in addition to structured activities.
- Outings
- Creation and continued use of life history books
- Sensory stimulation
- Daily exercise

Encouraging independence, giving choice and supporting active living are all a key parts of the care we provide.

KEEPING ACTIVE PREFERENCES

KNOWN LIFE BACKGROUND:

LIKES:

DISLIKES:

PERSONAL PREFERENCES:

ROUTINE:

TEMPERAMENT:

OTHER INFORMATION:

