



- “ **NAPA stands for:**
- “ **National Activity Providers Association**
- “ **We are a charity and membership organisation**
- “ **We support care teams to enable people to live life the way they choose with meaning and purpose**



We are developing expertise in activity provision for people and sharing this through:

- “ Encouraging better practice, training & support
- “ Disseminating useful information
- “ Promoting, encouraging & researching best practice
- “ Raising the status of activity providers

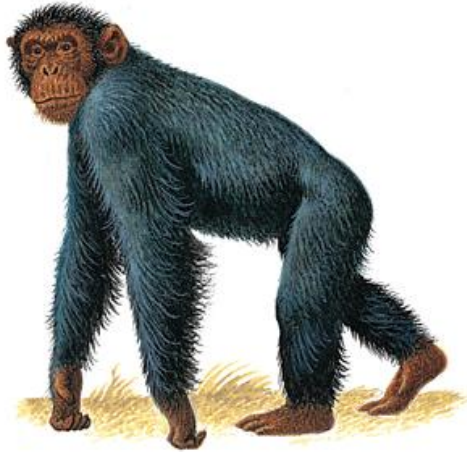


WHAT IS AN ACTIVITY???





How ~~tribal~~qare you?





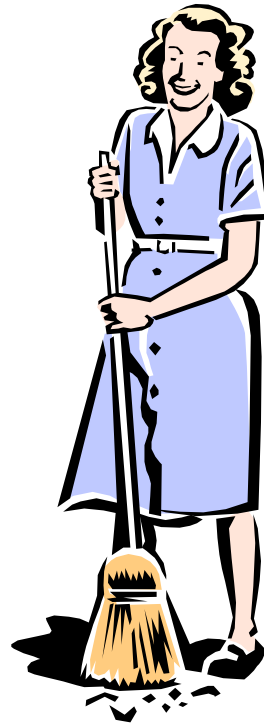
What Do People Who Receive Care Want ?



**THE SAME THINGS THAT MOST OF US
NEED**

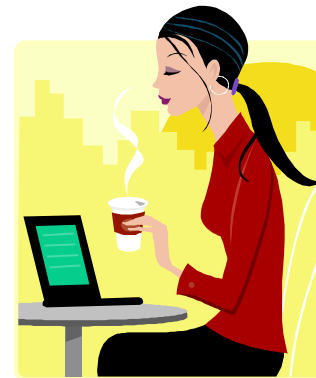
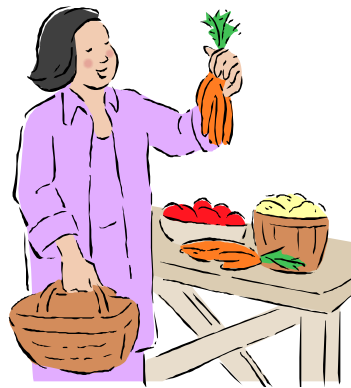


Normal every day experiences





Variety in the day . not to be bored



Conversation and company



They are so busy and we don't like to interrupt, but just a 5 minute chat each day would be nice +

Proctor & Gamble Survey 2005



To feel loved and
needed





Occupation 24 hours a day

Opportunities for occupation should be available to people living in a care setting 24 hours a day and should not always depend on the presence of a staff member to initiate them





Activity and Occupation

- “ Having something to do makes everyone feel useful and valued.
- “ It is very easy for people living in a care setting to feel that they are not needed or wanted because they have nothing to do.



- “ A person centred worker should understand that it is not someone else’s role to come in and occupy people, it is everyone’s job
- “ Knowing the difference between activity and occupation is central to a person centred approach
- “ Being occupied is all about filling our day with things that are meaningful to us
- “ All of us can live in the moment
- “ All of us can change someone’s day through small things



Activities fall into 3 areas

- “ Personal tasks
- “ Domestic tasks
- “ Leisure interests
- “ Give priority to the activities that have the most importance for the **person**.



3 Types of Activity

“ Planned

“ Self Directed

“ Spontaneous



Self Directed

- “ Usually only involves the individual
- “ Resources must be to hand
- “ The ~~±~~Half Doneqapproach
- “ Know the person
- “ Record activity (photos are good)



Spontaneous

- “ Led by residents or staff
- “ May involve a group or an individual
- “ Resources must be to hand
- “ Needs some forethought
- “ Seizing the moment



What do you need ?

- “ Relevant to the group of residents
- “ Enhances the environment
- “ Not too precious or expensive
- “ Manageable
- “ Safe to use (Risk assessed)



Working in pairs

What could you do with your item to :-

- 1. Get someone to move in some way**
- 2. Start a conversation**
- 3. Find out something about them**



Understanding the importance of **ALL** the senses

- “ Sight
- “ Taste
- “ Smell
- “ Touch
- “ Hearing



A SENSE OF SECURITY

- “ Attention to essential physiological and psychological needs
- “ Help feel safe and free from threat, harm, pain and discomfort.
- “ To receive competent and sensitive care.



A SENSE OF CONTINUITY

- “ Recognition and value of personal biography.
- “ Skilful use of knowledge of the past to help contextualise the present and future.
- “ Seamless, consistent care delivered within an established relationship by known people.



A SENSE OF BELONGING

- “ Opportunities to maintain and/or form meaningful reciprocal relationships.
- “ To feel part of a community or group as desired.



A SENSE OF PURPOSE

- Opportunities to engage in purposeful activity to make constructive use of time.
- To be able to identify and pursue goals and challenges.
- To exercise choice.



A SENSE OF ACHIEVEMENT

- “ Opportunities to meet meaningful and valued goals.
- “ To feel satisfied with one's efforts, to make a recognised and valued contribution.
- “ To make progress towards therapeutic goals as appropriate.



A SENSE OF SIGNIFICANCE

- “ To feel recognised and valued as a person of worth.
- “ To know that one's actions and existence are of importance.
- “ That one matters.



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