

Icons for Activity Plans

A great activities plan will provide a wide range of interesting things, so that there is something for everyone. In order to make it as simple as possible for you to create a balanced plan, where all aspects of everyday life are represented, we use a range of icons to categorise each activity. These categories are physical, social, emotional, community, cognitive, spiritual and vocational.

The icons should help you see at a glance that your activity programme is balanced and inclusive.



Physical

These activities promote movement and exercise. They are appropriate and meaningful, involving familiar actions such as bending and stretching in order to maintain mobility, improve balance and independence.

- music and dance
- walks
- chair based exercise
- gardening



Social

These activities help residents create and maintain healthy relationships. They enable social interaction and encourage communication and friendships.

- group activities
- everyday routines with other residents and staff
- events involving family and others outside of the care home



Emotional

These activities, often multi-sensory, help to produce positive feelings of happiness, safety and comfort. They allow for self-expression and creativity and the acknowledgment and sharing of feelings.

- music and singing
- personal choice and control
- reminiscence and one to one time
- family and social contact



Cognitive

These activities exercise mental skills such as thinking, sequencing, reading and talking and help to improve focus and concentration. They encourage thinking creatively and processing information.

- cooking
- craft based activities
- word and number games, quizzes
- discussion and reminiscence



Community

These activities encourage strong relationships and links between those who live and work in the home and the wider community.

- local outings
- activities involving schools, churches and other groups
- partnerships with outside organisations



Spiritual

These activities provide a sense of identity through feeling connected to something bigger than oneself. They help make sense of the world and the residents' place in it, keeping alive any spiritual involvement they may have.

- church services and room for prayer
- celebration of religious holidays
- appreciating the beauty of the natural world
- moments of reflection – listening to classical music, holding a hand



Vocational

These activities give the residents the opportunity to engage and feel that they make a contribution to the home in which they are living. They can combat feelings of helplessness and also support residents to feel useful and valued.

- participating in the running of the home
- tasks such as setting the dinner table, folding laundry, arranging flowers, cooking, choosing a film, gardening etc.
- re-using past skills and interests



Later Stage Dementia

These are activities can be adapted especially for people in the later stages of dementia