



## Maintenance

Running a home always involves some general repairs and maintenance. Hanging pictures, painting the walls, or just replacing a light bulb.

Some individuals like to potter about and fix things and supporting the individuals you care for to remain involved in the maintenance of their home will help boost self-esteem, improve mood, and keep individuals occupied.

You might even pick up a handy tip or two!

### Here are some ideas to support individuals to become more involved:

- Sanding wooden blocks is a simple, methodical activity that helps reduce restlessness and provides sensory stimulation.
- Lay out a container of mixed nuts and bolts and ask the individual to help you sort them into different categories and sizes. Try chatting about past DIY projects as you sort.
- Paint swatches are free from any local hardware store and are a fantastic and creative way to connect and experience different textures — from slick, high gloss to coarse.
- Test the water temperature, ask the individual you support to help you to test the water temperature. This is an important job, and you need them to help you!
- Encourage individuals into the garden, sweep the grounds together and enjoy some fresh air at the same time!
- Leave fiddle boards about and see if individuals take an interest in them, they are perfect for messing with locks and keys etc and can be bought or home-made.

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

