



Spending time together:

Activity Ideas when visiting a family member or friend

Enjoy your time together. Having something to do together can give your visit a focus and enable conversation and connection to flow.

- What does your family member or friend like to do?
- What is your family member or friend able to do?
- What are you both in the mood to do today?

Ideas to engage your family member or friend:

1. **Outdoor activities:** Go for a walk, Plant some flowers, Water the plants, Feed the birds, Go to the park, Sit on a bench, Watch dogs and children playing, Go to the beach, Have a picnic,
2. **Indoor activities:** Listen to favourite music, Look at family photo albums, Prepare afternoon tea, Watch a football match on the telly, Model with play dough, Play chess or dominos, Look at newspapers and magazines, Complete a puzzle together, Read from one of their favourite books, Watch a favourite movie or sitcom, Chat about schooldays, Play a card game
3. **Personal activities:** Give the person a hand massage with lotion, Brush his or her hair, Enjoy a manicure, Take photos and make a collage,
4. **Domestic activities:** Bake biscuits or bread, Set the table, Make a favourite lunch or snack, Wash and dry dishes, Polish cutlery, Sort socks, Dust the ornaments
5. **Family traditions;** Celebrate family traditions, Listen to music, Decorate a tree, Create greeting cards, Watch a holiday movie. Play a piano or guitar sing holiday songs

To discuss best practice approaches to engaging your family member or friend in person centred activity and engagement contact the NAPA Helpline.

