



Prioritising Wellbeing

Top Tips for Daily Arts & Crafts Activities Family Carers and Friends

Your relative may have enjoyed art and craft related hobbies in the past such as knitting, sewing, painting, pottery, or photography. There is no reason why they should have to give up these hobbies, but the format may need to be changed to reflect their current abilities, be aware of the potential for frustration when your relative is trying to maintain a hobby or interest and is unable to do it as well as they used to. For example:

Knitting

Reading patterns or managing some elements of knitting can be a challenge but with careful thought it can still be an enjoyable pastime.

Knitting squares to make into a blanket is a less complex task and achievable by some. The blanket could then be given to a local charity. If your relative is not able to knit now they might enjoy winding or sorting wool or just looking at patterns. Ensure the resources are in place if your relative does want to knit, such as larger sized needles, plenty of different coloured wool, a few simple patterns and somewhere comfortable to sit.

Painting or drawing

Many people enjoy painting or drawing. Ensure that a variety of resources are available on a daily basis if they wish to do so. Simple things such as having a nice pad of paper with some sharpened drawing pencils in an accessible place may stimulate your relative to draw or just doodle. Having to 'ask' to do something can be a barrier. Adult colouring books may also be useful to encourage people to start colouring and drawing.

DIY

Your relative may have enjoyed wood work and may be happy doing or feel calmed by something simple such as sanding a piece of wood or painting something wooden such as a bird box, fence or shed.

Rummage boxes

A rummage box of sewing equipment such as buttons, reels of thread, tape measures etc can be a good way to stimulate memories and conversation with your relative. A similar idea could be set up using old tools, these can usually be picked up quite cheaply from second hand shops. These could be discussed and compared to their modern day equivalent to see how they have progressed. Compiling a personalised rummage box for your relative, containing items that may hold meaning for them, can enable conversation and connection, particularly for those cared for in bed.

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

