



Top Tips for Daily and Weekly Activities Family Carers and Friends

Daily

Spontaneous or daily living activities can include a wide range of activities and can be described as 'the things that happen as part of daily life'. The value and purpose of these types of activities is often overlooked. However, they are extremely beneficial and can help to ensure that your relative or friend is engaged and stimulated throughout the day rather than just the hour or so they may spend helping in the garden.

- Daily living activities – these should perhaps be more accurately referred to as the activity (not activities) of daily living as they can include the things, we do every day such as getting up, bathing, brushing hair, dressing etc. Each of these is an opportunity for engagement with your relative or friend.
- Lifestyle choices – this means how your relative or friends chooses to spend their day. For example, some individuals may choose to watch soap operas in the afternoon, knit or listen to the radio, whilst others might enjoy puzzles or classical music. We are all different and choose to do different things throughout our day and spare time. These activities may be done alone or in company. These are all things that individuals may choose to do and are distinct from more organized activities. This category can also include being involved with daily tasks and chores within their home, such as laying the table, dusting, or tidying up. Helping with simple chores can give a good sense of purpose and self-esteem, rather than just always being on the receiving end of care.

Weekly

Weekly activities might include going to a club for like-minded people. Clubs are a good way of bringing individuals who have a shared interest together to take part in activities with a similar theme. You need not use the term 'club' if you feel this may prompt negative emotions in your relative or friend. You could use whatever term you like or give each group a funny name such as the 'green fingers' for the local gardening club or the 'kneedles' for a knit and natter group.

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

