



NAPA's position on the role of Activity and Activity Provision

Everyone has the right to live content, connected and creative lives with opportunities to engage in meaningful activity.

NAPA defines an **Activity** as an experience that is engaging and meaningful. This could be an activity of daily living such as getting washed or dressed or a leisure or recreational activity conducted during our free time.

Activity provision refers to any offer of engagement that is meaningful and intends to enhance physical, cognitive, and emotional wellbeing.

These include, activities that promote expression, creativity, conversation and connection. Activities can be planned or spontaneous, provided one to one or in groups.

Person Centred Activity Provision:

- Promotes wellbeing as a priority
- Creates opportunities for conversation and connection
- Enables individuals to live content, connected and creative lives

What is The NAPA Model of Activity Provision?

The NAPA Model of Activity Provision champions a person centred and person led approach to engagement.

Founded on the principles of inclusivity; we believe in activity provision that treats everyone as an individual, appreciates difference, respects rights and wishes and promotes choice and independence.

What is an Activity provider?

An Activity Provider is a social care professional dedicated to meeting the wellbeing needs of the person they support. The Activity Provider creates and implements individual wellbeing/activity plans, incorporating person centred/led activities that reflect the person's interests, hobbies and cultural preferences and enhances wellbeing.

What is an Activity Professional?

An Activity professional is a NAPA qualified Activity Provider who has demonstrated their committed to learning, completed the NAPA professional development pathway and is registered as a NAPA Recognised Activity Professional. For more information contact training@napa-activities.co.uk