

The Value of Activity

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Learning Disability Professional Senate Guidance

Top tips to keep well


1. Have a routine: Get up at the same time each day, get yourself washed and dressed, have your breakfast, do what you normally would to get ready for the day. 
2. Balance out the jobs you have to do, like tidying and cleaning, with activities that you like to do, like watching a film, or doing a puzzle. 
3. Think about what activities are most important to you and how you can carry on doing those. You might need to change things around a little bit to do them. For example, instead of going out for a pizza you could make one with one of the staff. 
4. Set yourself a goal each day and tick it off when it's done. You might write 7 goals out for the week, or one each day. They might be to try new things, to get jobs done that you haven't got around to yet, whatever you want them to be. 
5. Talk with staff about what might make you feel sad, upset or frustrated about the changes. Make a plan of what you can do if you do feel sad, upset or frustrated. 

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Things to Grow: Grass Heads

You will need:

- Old stockings or tights
- Grass seed
- Saw dust
- Rubber bands
- Yoghurt pot
- Things to decorate to Grass Heads with
- Glue (not water soluble)



1. Cut a length off the tights. If it's not the toe end then tie a knot to seal one end and turn it inside out. 
2. Stretch the tight over a cup and spoon in about 2 teaspoons full of grass seeds. 
3. Pack the rest of the tight with sawdust. It should end up being the same size as a tennis ball. 
4. Tie a knot in the end of the tight. Don't cut the long bit off (you need it later) 
5. You can make a nose or ears for your Grass Head by pulling a little bit of the tight filled with sawdust and twisting it. You can hold it with a rubber band 

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Sensory Art Ideas: Puffy Painting


You will need a spoonful of self raising flour, food colouring, a spoonful of salt, water, card, paint brushes/cotton buds and a microwave


Mix the flour, food colouring, salt and water to make a smooth paste

Do this for each different colour food colouring, so you have different colour pastes

Paint your picture using the smooth pastes. You might find it easier to use cotton buds rather than paint brushes

4. Put your picture in the microwave and 'cook' it on HIGH for 20 seconds, until the paint puffs up and dries.



| | |
|---|---------------------|
|  | What can you smell? |
| | What can you see? |
| | How does it feel? |

Adapted from Seldon Centre, Sensory Art Ideas booklet by Jodie Ide, Occupational Therapist

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<https://www.bild.org.uk/wp-content/uploads/2020/04/LDPS-Activity-ideas-for-people-with-learning-disabilities-in-isolation-in-in-patient-units.pdf>



Aims of today

- To think about the value of activity
- To identify why activity is important to our physical and mental wellbeing
- To think about how the current COVID-19 pandemic has impacted on the activities of the people with learning disabilities you know, care for and support
- To think about the people with learning disabilities you know, care for and support

The role of occupational therapy

- Occupational therapy takes a “whole-person approach” to both mental and physical health and wellbeing and enables individuals to achieve their full potential
- "Occupation" as a term refers to practical and purposeful activities that allow people to live independently and have a sense of identity. This could be essential day-to-day tasks such as self-care, work or leisure
- Activities are the therapeutic tools of occupational therapy



Why is activity important?



Gives people valued **roles**



Helps people to feel **valued**.



Provides **opportunities** to experience variety in life.



Increase people's chances of **interacting** with others in meaningful ways.



Increases the possibility of gaining **respect** from others.



Attracts others into our lives.




Improves **quality of life**.



A good mix of activities assists in **maintaining or improving** people's **independence, health and well-being**.

How has COVID-19 impacted on our activities?

- We are all having to do things in different ways because of the impact of COVID-19
 - Usual routines are harder to follow
 - Our roles might have changed or have been put on hold
 - Our preferred activities might have been put on hold
 - We are experiencing a loss of choice and control
- 

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Top tips to keep active and keep well

- Have a routine
 - Variety is good
 - Prioritise what is important
 - Set yourself some goals
 - Keep in touch with people
 - Diet and exercise
 - Get a good night's sleep
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- A decorative yellow dashed line in the bottom right corner, consisting of several curved segments.

Occupational Deprivation- the impact

- Describes being unable to engage in meaningful activities due to factors a person cannot control
- This has been an experience people with learning disabilities have had more than most
- The whole world is now experiencing the impact of this collectively
- Can prolong mental and physical illness, lead to erosion of an individuals skills
- This is the core business of occupational therapist in learning disabilities and where our skills are so often focused

The impact of the pandemic on the individuals you support

- Even more loss of choice and control
- Even more loss of roles
- The environment has changed - even at home there may be PPE
- Daily activity disrupted - day centres/support staff not available as usual
- Impact of not fully understanding what is going on why for some
- Hard to get materials to do valued activities - craft/flour/seeds!

The impact of the pandemic on the individuals you support

- Loss of motivation to engage – feeling low
- Cannot access the community as usual
- Loss of social and physical contact
- Dealing with loss
- Families and carers having an increased load




Thinking
about the
people you
are
supporting:
The Person

- Consider the person:
 - What roles are important to them?
 - What is most meaningful to them?
 - What do they value?
 - What helps them to feel safe secure and have some choice and control?
- How can this be maintained?



Thinking
about the
people you
are
supporting:
**The
Activities**


- Can you maintain (any, some, all of) the usual weekly timetable?
 - Have a visual timetable, developed with the person you are supporting
 - What about the activity is key- is it the doing, the experience, the end result?
 - Can you try something new?
 - Think about the persons interests, skills, abilities and support needs
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Swap shop!

- **Usual activity:** Sports session
 - ✓ **Alternative:** Sports in the garden, online ballet, online Zumba, Wii-fit
- **Usual activity:** Allotment with day service
 - ✓ **Alternative:** Can you still visit? have a gardening corner, plant some potatoes
- **Usual Activity:** Arts and craft class
 - ✓ **Alternative:** Arts and craft activities at home, on line ideas, 'virtual' group
- **Usual Activity:** Coffee shop
 - ✓ **Alternative:** Online chat and coffee with friends/family, make some cakes
- **Usual activity:** Daily exercise
 - ✓ **Alternative:** Planned regular walks: what can you add to the environment?



Thinking
about the
people you
are
supporting:
**The
Environment**

- Is the TV on all day? Is it the news? How helpful is this?
 - Build opportunities for social interactions into the day
 - Think about the activities and spaces you use – try not to spend all the time in one space
 - Have a visual timetable, developed with the person you are supporting
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Think
about all
aspects of
daily life

- Where are the opportunities for the individual you support to become more involved?
- Is there a greater role they can and would like to play in life?
- Self care
- Domestic activities
- Leisure Activities



Moving forward – The new normal?

- Engagement in activity has never been more important!
- Preventing long term isolation and occupational deprivation
- The world will look different - the rules are likely to be different

- How to support transitions 'back'...
- Re engaging with previously valued activities, perhaps differently.
- What will this mean for people with learning disabilities?



Questions?
Ideas?
Sharing?