

## Activities

### *Activity for all care staff*

1. Pick a daily care task – something that you regularly do in the course of your day working with people with dementia, such as help someone to have a bath or preparing breakfast.
2. Think of small ways in which you could change a routine task into a positive experience for the person. It might help to think about each of the five senses: sight, sound, touch, taste and smell.

### *Activity for care home or hospital staff*

What can you do to make the environment more 'activity friendly'?

Walk around the building in which you work. Look around and see what interesting things there are to look at, touch, smell or listen to.

Then think about these questions:

- **Are there items on the tables or on the walls that might give the people you work with something to do or look at, for example magazines, puzzles, ornaments, a duster, reminiscence objects to prompt discussion?**
- **What is the music collection like?**
- **Are the only smells 'institutional' ones? Could you change this, for example by buying a breadmaking machine or introducing fresh flowers?**
- **What are the outside or garden areas like and are they used much?**

If the walls have very neutral pictures with little relevance to residents' interests, or all the tables and living areas are without anything to pick up and look at, perhaps your care environment is too empty and tidy!