



Activities for Older People in Care Homes: A Handbook for Successful Activity Planning

Sarah Crockett

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When tasked with providing activities for older people in care homes, it can be difficult to know where to begin. What constitutes an activity? How can you make sure activities are as positive and person-centred as possible? What can you actually do? Written by an experienced activity coordinator, this handbook is an indispensable companion for others in this role.

The author provides useful background information on dementia, the importance of activities and how to get to know residents through life story work. She addresses important practical considerations such as how to assess a resident for suitable activities, activity planning, timetabling, budgeting and money-stretching, as well as more subtle issues such as how to enthuse residents and staff to join in and how to deal with resistance from colleagues. An A-Z of inventive ideas and step-by-step instructions for activities as wide-ranging as arts and crafts, cooking, exercise, gardening, meditation, music, reminiscence, themed days and trips out is also included.

Offering peer-to-peer advice and encouragement as well as a wealth of practical ideas and suggestions, this is essential reading for all those involved in activity planning for older people, including those with dementia, in care homes.

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