



Checklist: Integrating meaningful lifestyle activities into aged care

Meaningful lifestyle activities are different for all individuals receiving aged care services. Taking the time to get to know the person is important to support them to engage in activities they will enjoy and can enhance their quality of life.

The following checklist will help you to consider the key components of activities for the people you care for:

<p>Person-centred activities</p> <p>Can you plan or engage the person in activities tailored to their individual preferences, personality, and life history?</p> <p> <i>Taking the time to get to know the person during your assessments will assist you to identify activities they might be interested in.</i></p>	<p>What can you do?</p>
<p>Diverse, enjoyable and engaging activities</p> <p>Can you offer a diverse range of activities that are culturally relevant, intergenerational, and include animals, music, art, and technology?</p> <p> <i>Trying a range of different activities might be useful to work out which activities an individual enjoys and finds meaningful.</i></p>	<p>What can you do?</p>
<p>Skilled workforce</p> <p>Is training available to improve your skills to effectively support a diverse range of activities?</p> <p> <i>Observe activity and lifestyle co-ordinators to see how they motivate people to engage in activities.</i></p>	<p>What can you do?</p>
<p>Supportive environment</p> <p>Can you adapt the environment to ensure it feels like home? Can you enhance access to outdoor spaces and find appropriate locations and equipment for novel activities?</p> <p> <i>You may find that some of the people you work with enjoy the same activity, bringing them together can help form social connections.</i></p>	<p>What can you do?</p>
<p>Community resources and collaboration</p> <p>Are there ways of engaging with the community to participate in activities outside of a care facility or individuals' home?</p> <p> <i>Trips and transport may require financial resources to support the engagement in meaningful community activities.</i></p>	<p>What can you do?</p>

www.ariia.org.au

For more information email ariia@ariia.org.au or call 08 7421 9134

ARIIA - Level 2, Tonsley Hub, South Rd, Tonsley SA 5042

ARIIA was established as an independent, not-for-profit organisation, set up to lead the advancement of the aged care workforce capability by promoting and facilitating innovation and research to improve the quality of aged care for all Australians.