



A-Z of Activities

Outings

Residents can really value getting out and about. But while outings can be great fun, they need careful planning to ensure the safety of residents and carers.

What the activity can do for the residents	What do you need?	What to be aware of
<p>Movement – sitting (in transport/wheelchair or at the destination), standing, walking, balancing.</p> <p>Sensory – smell, awareness of body movement, touch, sight, hearing; taste.</p> <p>Emotional – identifying the personal significance of a place, engagement and participation.</p> <p>Cognitive – memory and concentration, reminiscence, orientation.</p> <p>Social – interaction and communication with fellow travellers and people at the venue.</p>	<p>Facilities If your home doesn't have its own transport you can use community or voluntary transport schemes. If people are to be seated in wheelchairs in any transport, they must be safely secured during transit and have a headrest available for fitting (Medical Devices Agency 2001).</p> <p>Plan ahead for any items that you need to take with you (for example, continence supplies, medication and mobile phone).</p> <p>If at all possible, do a 'recce' of the venue beforehand to check accessibility and toilet facilities. If this can't be managed, at least ring ahead and explain the type of facilities you require and check their availability.</p> <p>Staff/skills Know your residents and ask them where they would like to go. The number of staff required depends on how many residents go and their level of dependency and care needs.</p>	<p>Gain people's consent in advance, but always check again on the day that the person feels up to going out.</p> <p>Consider the best time to go, bearing in mind other activities and care needs (for example, medication, dressings), staff availability as well as the best time of day for the individual.</p> <p>Provide adequate clothing and protection.</p> <p>Any wheelchair used must:</p> <ul style="list-style-type: none"> • Be adjusted for the individual. • Have footrests at the correct height and preferably a lap strap. • Have pumped up tyres. • Be regularly maintained. <p>Deal with personal care needs before setting off (using the toilet, emptying stoma and catheter bags).</p> <p>Document who has gone where and what time they are expected back.</p>



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	<p>What do you need?</p> <p>Staff/skills Be familiar with your home's policies about moving and handling, the ratio and/ or grade of staff required for trips. Relatives and volunteers can be invited to assist – but make sure they have the necessary training and knowledge. For example, do they know how to manoeuvre a wheelchair?</p> <p>While out and about, encourage people to take in their surroundings, make choices about how to spend the time, and prompt reminiscence.</p>	<p>What to be aware of</p> <p>Don't be too ambitious. Long, arduous journeys can be tough for frail people. Some people may enjoy a visit to a local shop.</p>
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