



## A-Z of Activities

### Arts, crafts and creative activities

Arts and crafts are hugely satisfying. Many older people will have spent their leisure time pursuing a range of hobbies (before people had televisions and computers). Explore peoples' past interests and remember to identify what it was about the activity that the person valued so much.

*See the checklist for arts, crafts and creative activities.*

What the activity can do for the residents	What do you need?	What to be aware of
<p><b>Movement</b> – dexterity and coordination to handle tools and materials, hand-eye co-ordination.</p> <p><b>Sensory</b> – feeling and seeing the materials, awareness of the body's movement.</p> <p><b>Emotional</b> – being creative, sense of achievement, use of skills.</p> <p><b>Cognitive</b> – remembering sequences, making choices, concentration, problem-solving.</p> <p><b>Social</b> – interaction, communication and collaboration.</p>	<p><b>Facilities</b> What you need will depend on the activity but you'll probably need a designated area with table and chairs. The area needs to be easily cleaned, so access to a sink and water will be necessary.</p> <p><b>Consider</b></p> <ul style="list-style-type: none"> <li>• Storage – for sharp and potentially dangerous tools and for toxic materials such as paint and adhesives.</li> <li>• Whether the finished work will be displayed, and if so, where?</li> </ul> <p><b>Staff/skills</b> If you do not feel competent, ask someone who is, or do some research. Find out what hidden skills your colleagues have – and take advantage of them!</p>	<p>It may be distressing for people if they feel unable to produce work to their former high standard. If this is the case, explore what it was the person most valued about the activity and use another activity that still meets this need.</p> <ul style="list-style-type: none"> <li>• Be aware that some people may have an allergy to materials being used. For example, inhaling paint or adhesive fumes can affect respiration.</li> <li>• Do not give people sharp or potentially dangerous tools unless they are capable of using them safely.</li> <li>• Make sure that all tools are returned and stored safely at the end of each session.</li> </ul>



## A-Z of Activities



### Arts, crafts and creative activities

It is impossible to list all the activities that could be included under this heading. The following list gives some examples – there are many more.

- **Painting and printing:** Marbling, printing (potato or leaf), string painting, calligraphy, stencilling, silk painting, paint effects, glass painting (producing light catchers to hang at windows).
- **Paper activities:** Decoupage, collage (using magazine cuttings or old greetings cards), making cards, quilling.
- **Candle making.**
- **Frame making.**
- **Needlecrafts:** Cross-stitch, patchwork, quilting, tapestry, knitting, crochet, rug making.
- **Pottery:** Use air-drying clay if you have no access to a kiln.
- **Papier mâché:** Use to model objects that can be painted and varnished.
- **Saltdough modelling.**
- **Textiles:** Making wall hangings, collages.
- **Wax rubbing.**
- **Weaving:** Basketry, stool and tray making.
- **Woodwork:** Kits to make bird tables, toys, models.