Occupational Therapy

Dyddiad/Date:

Advice to help support you if you are staying at home

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| **Make new routines**  **C:\Users\community\Downloads\clock-face-analog-signal-clip-art-clock.jpg** | Familiarity and routine are very comforting for people. Try to schedule daily, every other day, weekly events. Just enough to give structure, expectation and security. Use wall planners and symbols so everyone can see their plan for the day and the week. |
| **Roles and**  **responsibilities**  **C:\Users\community\Desktop\depositphotos_52712723-stock-illustration-house-cleaning.jpg** | Having responsibilities can give people a role, a purpose. Introduce new roles and responsibilities. If someone has limited ability, they can be present, they can be in the kitchen whilst the washing up is happening. Playing small a part is important. |
| **2 x 20 minute**  **activity sessions**  **C:\Users\community\Desktop\201005173096251.jpg** | Introduce 2 x 20 minutes activity sessions which are separate from daily living tasks. A table top activity, learn a song together, an art activity, a craft activity. You can use activities to help the person explore sensations or to learn new skills |
| **Share your interest** | As many people can’t access classes, support workers could bring their interest into the home. Music, singing art, fitness, game together, knitting, crafts. Make activities communal, include as many people in the house as possible, bring tenants together. Also, schedule 1:1 time with tenants and do something together |
| **Keep in touch** | Try to keep in touch with others. Whilst we can’t spend time together, we can still stay in touch. **Social isolation is not seclusion**. Make a list of people tenants would like to contact and use telephone, skype, sending photographs, whatsapp, gaming link ups. |