



Alternatives to day services

Keeping active at home

Things to keep people busy

- Send activity packs home, pens, papers, books, puzzles, craft resources
- Offer exercise classes, music groups etc. online so people can join from their front room
- Do your own exercises and make it a fun and regular activity, or one that mirrors what someone has been used to
- Send the recipes and instructions home where you have been cooking with people
- Make sure families know what the weekly plan was so that they can try to mirror it at home
- Make a list of accessible walks in your area
- What else is there to do in your area that is outside and safe? If you're able to get out at a good distance from others then take in the fresh air!
- Hold a photography competition – have a theme of the week – pick topics suitable for 'social distancing'
- Make some ideas cards for activities from home, gardening, bird watching, crafting, garden picnics.
- Applications on phones are available to help with interests and hobbies. For example an app that plays the sounds of different birds is a good way to learn about which ones are singing nearby, and similarly there are apps that help you spot trees, flowers and other wildlife
- Improve decorations in your home. If change isn't a stress, painting worn-out walls and rearranging furnishings for a new look can be uplifting and satisfying
- Create fun posters and artwork to use inside the house but also to stick on the inside of the windows to send positive and colourful messages to neighbours walking by.
- Creating a routine with household tasks may not sound very exciting but can add structure the day and you can choose some out of the ordinary and fun activities such as washing the car on the drive with the hose or singing along whilst vacuuming and dusting. Why not!
- Indoor Karaoke or just having a music session can be entertaining too
- Some games consoles such as PlayStation or Xbox have fun and interesting games. There's such a variety including sports, driving, adventure and social. There's also a facility to play and talk with others online which helps people stay connected.

Tech free activities

- Play cards
- Board games
- Symbol games
- Look through old photos – maybe make a collage
- If you have an instrument at home, now is a great time to learn how to play it
- Indoor/garden picnic
- Theme nights – try traditional food, music and dress from different countries or cultures
- Craft projects – woodwork, jewellery making, knitting, sewing
- Make a miniature garden/house
- Take photos of your projects or wildlife in your garden
- Tell stories and record/film yourself
- Play finger football, bowling, golf

Online connecting

Some of the ideas below will need an app to access but most are free:

- Virtual choirs
 - <https://www.thesofasingers.net>
 - <https://decca.com/greatbritishhomechorus>
- Live streaming online gigs list
 - <https://gigs.guide/live>
- Virtual group events
 - <https://www.ikaria.co/events>
- Sharing media/group video chat
 - <https://squadapp.io> (app)
 - Google Hangouts (app)
 - <https://zoom.us>
- Watch film or TV with friends
 - <https://www.netflixparty.com>
 - <https://sync-video.com>
 - <https://www.watch2gether.com/?lang=en>
- Google 'Watch movies together over long distance' for YouTube clips on how to do it!

Supporting families

- How can colleagues be redeployed to support families who rely on a day service?
 - Think about what can you offer? Shopping, help with personal care, supporting someone at home for an hour so parents can go out, loan of equipment?
 - Emergency planning – updating hospital passports and support plans will be helpful
 - Contingency planning for if parents get sick and there's nobody to look after their child. Try and get things in place and think though what is possible
- Consider any financial hardship that might be caused by family giving up work to support their loved one. What do we need to do to make sure the person we support has enough to eat and live well?
- Can you get families into small peer support groups? Ask the family consultants who might be able to facilitate some online chat groups with families
- Share social stories and scripts to help families explain the situation to their relatives e.g. why we're not going out at the moment and why we can see our friends and touch people
- Help families plan a new schedule and provide a visual timetable for people who would find this helpful
- Stay positive and practical. There's always something we can do and even a friendly voice can be a real reassurance

Planning for the worst

- Sadly, some people we support live with older carers who may die suddenly. It is important to consider an 'at risk' list and some idea of how you will step in.
- Develop plans for breaking bad news and supporting people to grieve for family and friends who succumb to the virus. This is upsetting to think about but important to give it some thought.

Sharing good ideas

- When you have good ideas or try something new that works really well share them with colleagues and ask the Communications teams to share them publicly.
- Where possible, set up local and accessible resource hubs that contain ideas, stories and helpful tips for all.



Proving life can get better