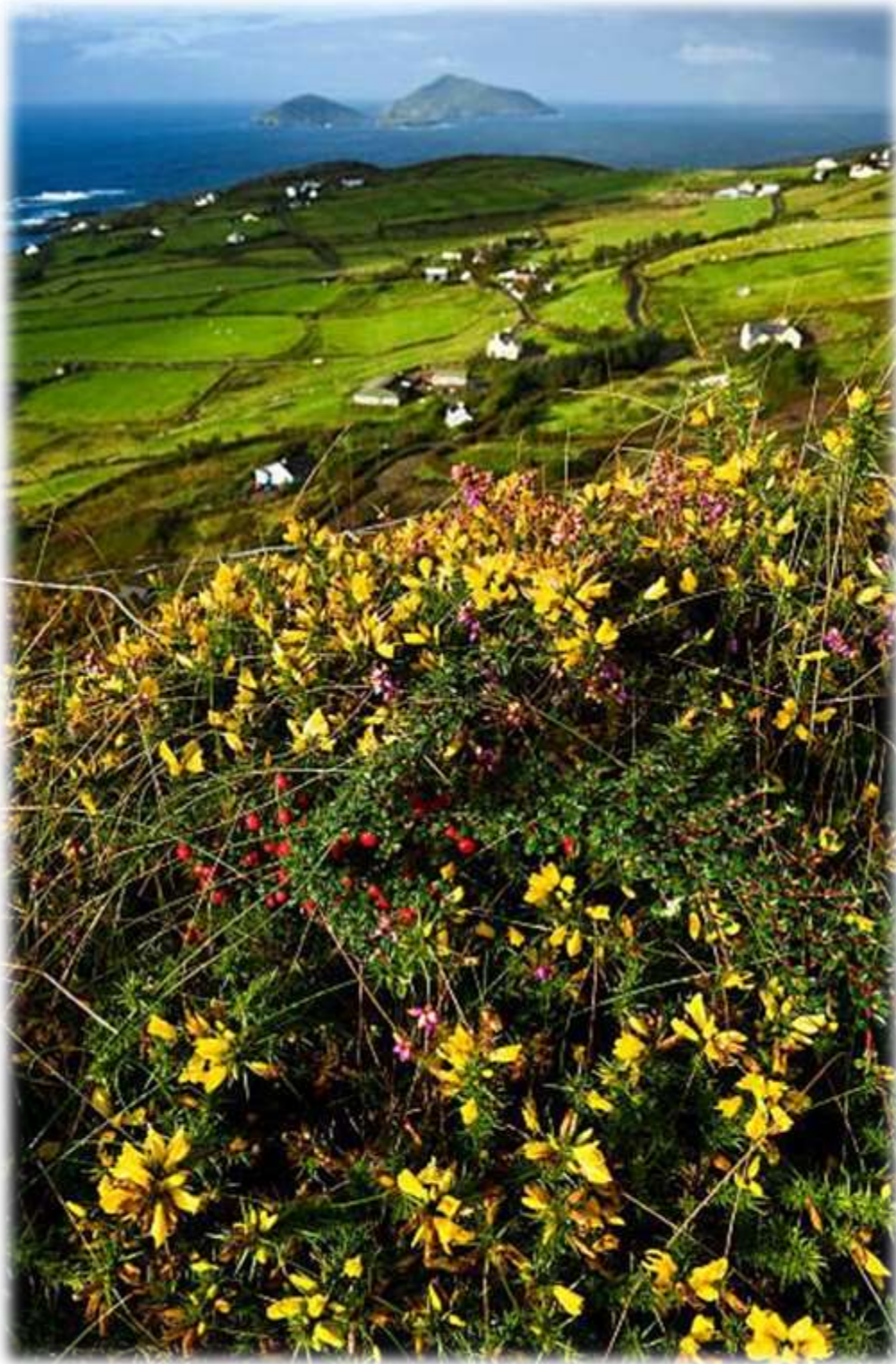


Activation Resource



**SJOG Kerry Services
Occupational Therapy Department**

Tralee Residential Service
COVID -19 Activation Plan



COVID-19 is causing widespread disruption to daily life for people across the world. While supporting social distancing recommendations and movement restrictions to keep our communities safe from the virus, we also need to be mindful of how disruption can affect our mental health, fitness and occupational health.

Due to the current challenges facing us here at St John of Gods Kerry Services we need to become creative in providing Occupational balance and activation for the people we support. The OT department have come up with some ideas for our service users to assist in activation and promote balance in their individual homes. **Activities should be taken from different sections as best possible each day in order to promote occupational balance.**

All the activities should be done with the residents only if they are willing and should be terminated when the residents want.



Group Activation

Following are the suggested group activities, resident should be encouraged to participate by using required prompts at their level of ability

Domestic Skills

Pizza Party

Frequency – Weekly

Items needed

- Pizza Bases – bought in Tesco
- Tomato Puree
- Grated Cheese
- Slices of ham or Pepperoni
- Slices of mushroom
- Sweetcorn
- Slices of pepper
- Herbs such as Basil and Oregano can be nice too and evoke different senses. This can be a good link with the same garden project.
- Oven tray
- Ladle



Directions

1. Work with each service user giving them one base each.
2. Start off by spreading the tomato puree around the base. This may require hand over hand for less able residents.
3. Then spreading the cheese on top. Again hand over hand may be required.
4. Toppings could be chopped by residents if able otherwise to be done by staff.
5. Then spreading the topping each resident wants on top.
6. Cook for directed time on pizza bases
7. Enjoy!
8. Praise the people who made the pizzas

Basic muffin recipe



Ingredients

- 2 medium eggs
- 125ml vegetable oil ½ cup
- 250ml semi-skimmed milk 1 cup
- 250g golden caster sugar 1.2 cups
- 400g self-raising flour (or same quantity plain flour and 3 tsp baking powder)
3.2 cups
- 1 tsp salt
- Other ingredient combinations
 - Cocoa Powder
 - Lemon juice
 - Fresh Strawberries
 - Fresh Blueberries
 - Fresh Raspberries
 - Fresh oranges
 - Stewed apples and cinnamon
 - Banana (mashed)
 - Sultanas
 - Chocolate chips

Method

1. **Heat** oven to 200C/180C fan/gas 6.
2. **Line** 2 muffin trays with paper muffin cases.
3. **Whisk** In a large bowl beat 2 medium eggs lightly with a handheld electric mixer for 1 min.
4. Measure oil and milk
5. **Pour** vegetable oil and semi-skimmed milk to eggs
6. **Whisk** until just combined then add 250g golden caster sugar and whisk until you have a smooth batter.
7. **Measure** flour and salt

8. **Sift** in 400g self-raising flour and 1 tsp salt
9. **Mix** until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.
10. **Stir in other Ingredients if wished (See above)**
11. **Put** muffin cases in baking tray
12. **Fill** muffin cases two-thirds full
13. **Bake** for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean.
14. Leave the muffins in the tin to cool for a few mins
15. Place on a wire rack to cool completely.

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- Measuring out the ingredients can assist the residents who cannot recognise numbers or who may over fill.
 - Use the cause and effect of the whisk, doing it with hand over hand assistance.

Microwave Mug Cake

Ingredients

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)



Method

1. **Pour** 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the a small bowl
2. **Mix** using handheld whisk. Hand over hand by residents giving them all a turn.
3. **Crack** 1 medium egg into the mix
4. **Mix** using handheld whisk (power link and switch can be used here)
5. **Pour** the 3 tbsp milk, 3 tbsp vegetable oil and a few drops of vanilla essence
6. **Mix** using handheld whisk (power link and switch can be used here)
7. Optional Add extra ingredients like chocolate chips etc.

8. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

Smoothie Making

Frequency – Weekly

Materials

Blender

Assorted Fruit

Fruit juice



Directions

1. Pouring the ingredients into the blender – staff can fill exact an amount fruit required if resident has issue with over filling.
2. Pouring juice into the blender – again exact amount of juice required might be measured out by staff if required.
3. Getting residents to turn on and off blender looking at the cause and effect of blender.

Various Chores

- ☀ Put rubbish in the bin
- ☀ Put away items which have been used
- ☀ Wiping down surfaces
- ☀ Unload the dishwasher
- ☀ Make bed
- ☀ Put away clothes
- ☀ Put dirty clothes in Laundry
- ☀ Dusting
- ☀ Put away groceries



Self-Care

Simple Hand Massage

Frequency this can be done on different residents **daily**

1. Massage one hand at a time.
2. Have the person sit in front of you. Ask the person to rest their hand on a towel on a table
3. Apply massage oil or lotion to your hands.



4. **Gently smooth the massage medium (oil or lotion) over the person's hand.** Use smooth, gentle strokes.



- Apply the lotion using your palm in several (3-6) long smooth strokes to the back of the fingers and hand.
- Flip the hand over and smooth more medium into the palm and fingers. Work from the tips of the fingers to the wrist, and then back down to the fingers.

5. **Massage the fingers.** Hold the person's hand, palm down. Beginning with the pinky finger, pinch the tip of the finger firmly for a moment. Then using firm, short strokes with your thumb, massage up the finger towards the knuckle. Finally, squeeze the finger all over – repeat on all fingers.

6. Massage the back of the hand.

7. **Massage the back of the wrist.** With the hand still face down, use both of your thumbs to massage the wrist using a small, circular motion. Focus first on the middle of the wrist, and then move out the sides.

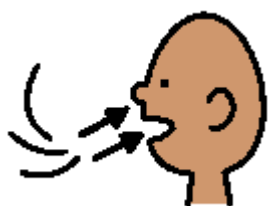
8. **Massage the palm of the hand.** Turn the person's hand over, and cradle it in both hands. Then massage the palm in small, circular movements using your thumbs.

9. **Repeat** on second Hand

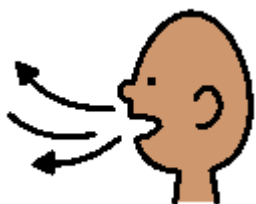


Belly Breathing

- Breathing exercises such as this one should be done twice a day or whenever you find yourself under stress, your mind dwelling on upsetting thoughts, or when you are experiencing pain.
- Place one hand on your chest and the other hand on your belly.
- Take a deep breath in through your nose. The hand on the belly should rise higher than the one on the chest.



- Exhale through your mouth



- Again take a slow deep breath in through your nose, allowing your mind to focus on your breathing.
- Inhale for a count of 4.
- Slowly exhale through your mouth for a count of 6-8.

Self-Care Apps

Headspace



- Guided meditation and mindfulness
- Basic pack is free
- Contains videos and visuals

Youtube

There are also lots of Youtube videos for relaxation which provide calming visual, these are just a few:

- 1 hour by the sea -<https://www.youtube.com/watch?v=2Jot8FVwURI>
- Sensory visual calming relaxation-
<https://www.youtube.com/watch?v=NwtZ9jfK7x8>
- Float through the cosmos-
<https://www.youtube.com/watch?v=EeqF6m3MqqY>
- Beautiful relaxing music-
<https://www.youtube.com/watch?v=TwXilp2mUtE>

Spotify playlists

Which contain hours of relaxing music

- ◆ Peaceful Meditation
- ◆ Musical therapy
- ◆ Meditate to the sounds of nature

Other Self Care Activities

- ✿ Mindfulness colouring – sheets attached.
- ✿ Doing at home facials
- ✿ Painting nails
- ✿ Doing make up
- ✿ Foot spa
- ✿ Listening to relaxing music in dully lit room

Fun and Recreation

Movement Moments

Getting in frequent exercise every day is important for the resident's physical and mental health. It is recommended to get 30 minutes of exercise a day.

- ❖ Get all residents involved those who can stand for periods and those who might need to stay in a seated position.
- ❖ Do it at the same time every day so it becomes part of the daily routine.
- ❖ Have one staff member standing at the top demonstrating the moves to the residents.
- ❖ Other staff members helping to show the residents what to do.
- ❖ Have high tempo lively music to get everyone to want to move.

Head:

- 🎨 Side to side
- 🎨 Up and down

Arms:

- 🎨 Stretching arms as far up and as straight as they can go.
- 🎨 Shaking arms out
- 🎨 Wiggle your fingers
- 🎨 Clap your hands



Body:

- 🎨 Twisting from side to side
- 🎨 Reach to your toes then reach to the sky

Legs:

- 🎨 Stand on one leg, Stand on the other leg
- 🎨 Shake one leg, then shake the other
- 🎨 Wiggle your toes

Easy Exercises

Easy to follow guide brought out by the HSE – see attached.

Art

Use different art materials each time art is completed

- Chalk
- Paint
- Markers
- Crayons

(These can be purchased in Tesco)



Directions

- Print out colour in sheets or free draw.
- Encourage the person to colour or paint.
- Display the art at the end

If residents are having issue with their art please do not hesitate to contact the OT department.

Throwing Games

Materials:

Use the Target (print a circle out and stick it to the wall)

Laundry Baskets and bins

Ball with bell or Confetti Ball

Directions

1. Get the residents to throw the ball into different targets. Move closer to make it easier- don't make it too easy as the residents need a challenge to stay interested.
2. Cheering each other on making it exciting



Board Games

Daily activity with different residents



Empty the stand

Get client close enough to the stand

Put the coins in front of clients, so they can get idea of start and finish

Involve 2 clients at a time.

Facilitator may need to provide hand over hand assistance.

Puzzles

Daily activity with different residents



- ❖ Bring small puzzles with up to 6 pieces would be a great and enjoyable game.

Card Games

Snap

Weekly game



1. Playing card games such as snap, matching colours or clubs if the resident is up for the challenge.
2. Colourful cards might assist for residents who need additional assistance.
3. Make it fun by making exaggerated SNAP!

Sand Drawing



Use Sand Tray to draw out picture

Liquid Drawing

- ✿ Drawing can be done in fairy liquid by covering a tray in fairy liquid and adding only a cap full of water.
- ✿ This could be a fun activity for residents like Anne Marie

Other fun and recreation activities

- Having a disco in the house- turning on one or two songs everyone can get involved in some movement and fun
- Paper Mache
- Scrap Booking
- Jewellery making
- Other Ball Games – build a ramp out of cardboard and drop it from a height and watch the ball roll and crash off the walls.

Social Relationships

Reminisce Time

Weekly activity- done with all residents



- ✚ Gathering old pictures belonging to the residents and having time discussing the people and what is happening in the pictures.
- ✚ Even with our non-verbal clients this can be a very beneficial thing talking about good times and the people they cannot meet at the minute.
- ✚ It can also be a good way to discuss the future. The fact that you are staying home now so that we can go back doing different fun things in the future. Keeping it positive!
- ✚ If you find that the resident is getting distressed from the activity please terminate.

Other ways to stay connected in our Social Relationships

- ✚ Phone Calls
- ✚ Video Calls
- ✚ Even staff writing to relatives and friends in the presence of the resident can be a nice activity.

Productivity

Indoor Gardening

Daily

Materials:



5 Different types of herb plants (Can be purchased in Aldi)

Small jug which can be filled up to exact amount, depending on resident's level

Directions

1. Place the Herb plants on a window which is easily accessible to the residents.
2. Fill the watering jug to the exact amount.
3. Let the residents water the plants each day

Repot Plants

Every Second Week



Materials

- Compost
- Plant
- New pot

Directions

1. Place compost in the new pot filling only a small amount.
2. Remove Pot from original pot.
3. Place gentle in the new pot.
4. Cover with more compost until full.
5. Pat down compost gently.

Other Productive activities which can be done at home

- Organising rooms with the resident
- Reading a book for the residents
- Getting familiar with using a tablet
- Practice a skill like buttoning

Physical Environment

As we now have to spend more time in our home environment it is important we make it the best and most inviting we can.

- Displaying Art around the home
- Create a daily time table for the residents day so they have a routine
- Try to use their bedrooms as only sleeping and relaxation areas all fun and productive activities should be done in the communal areas.
- Try to minimise distractions and outside noise when they are doing activities.
- Keeping it neat following activities
- Use Aromatherapy diffusers to create a pleasant and inviting smell
- Lighting is important – Bright in the morning and during the day, dull lighting to wind down in the evening. Then dark as possible for sleep.
- Staff staying positive and upbeat will assist the residents in feeling the same.

