

Quality of Life Active Support Avenues

Quality of life and the potential reduction of behaviour modification medications for those with an intellectual or multiple disability, especially those with high support needs, is all about seeking and implementing suitable/appropriate activities for the individual from a range of active support avenues.

A complete quality of life day can be planned by selecting activities from the following three avenues to provide the person with meaningful and consistent interaction, developmental and social active support activities.

NOTE: These lists are not exhaustive – We are always seeking new ideas.

1. Outside the home activities:

Aquarium
BBQ
Bike riding
Bowling
Café, visit for coffee
Cinema, going to
Drives, going for
Gym
Holiday
Library
Meal, going out for a
Museums
Outings, with friends
Parents, visit at home
Picnic
Pool, going out to
Shopping, going and assisting with
Spa, going out for a
Sport, watching or playing
Theatre/Shows/Band
Visits: Join with another group home for a BBQ, etc
Visit: An internet cafe
Walk, going out for a
Walk, in the evening to shops for a desert
Zoo/wildlife centre

2. Domestic activities in and around the home:

Bed, help make and unmake
Clean-up, help with this

Clothes Line, help put clothes on
Clothes, help fold, sort and put-away
Cooking, help with
Dining Table, help lay it, and clear it
Dishes, hand washing and drying
Dishes, put them away
Dishwasher, load and unload
Dusting
Flowers, pick them and put in a vase
Garden, pick vegies
Garden, plant plants
Garden, water
Groceries, carry bags and help put these away
Lunches, Cut and Regular: Help with
Meal, help prepare this
Sandwiches, make these
Sweeping Brush, inside and outside
Vacuum Cleaner, use this
Vegies, help wash, peel and chop these
Washing Basket, carry to and from the clothes line
Washing Machine, loading and unloading

3. Interactive - developmental activities in and around the home:

Ball, play with
BBQ, invite friends to
Bike – Exercise
Board Games, play these
Book, touch, feel and smell
Bubbles, blow them and catch them
Card games, like snap or Uno
Communications
Computer, games, educational activities
Craft work
Cricket Golf or Tennis ball, hit it around
Dancing to music with scarves
Dancing, do this
Dominos, play
Drawing, black (Chalk), white and contact boards
DVDs, watch these
Foot Spa
Games, like Twister, etc
Gardening: Grow vegies, etc
Hide & Seek: Play
Massage, hand, feet and body

Music, listen to and dance to
Musical Instruments, play these
Obstacle course of chairs and soft items
Painting
Photography
Play Dough
Puzzles
Singing
Soccer- table
Story, read to and by
Swing
Table Tennis
Ten Pin Bowling, in the house hall
Tether Tennis
Trampoline
Treadmill
TV. Interact with clients by talking to them about the program
Water Play: With water guns, etc. And paddling pool or clam shell.