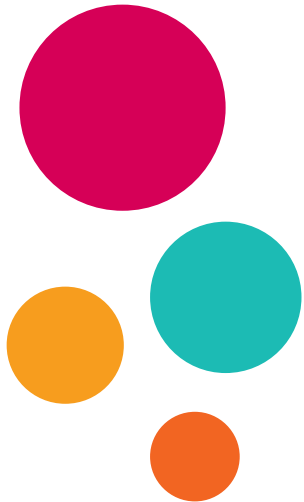


GLASGOW CITY HEALTH AND SOCIAL CARE PARTNERSHIP

Occupational Therapy Services Activities to try at home




www.glasgowcity.hscp.scot



Topics

- Essential Self Care 4
- Domestic Tasks 5
- Outdoor Activities 6
- Indoor Activities 7
- Wellbeing 9
- Exercises 11
- Sensory Activities 12
- Managing Behaviour 15
- Posture and Seating 16



Tips & Tricks

Essential Self Care

Wash your hands regularly

Visit <https://bit.ly/2JOb0xD> for a guide to washing hands.

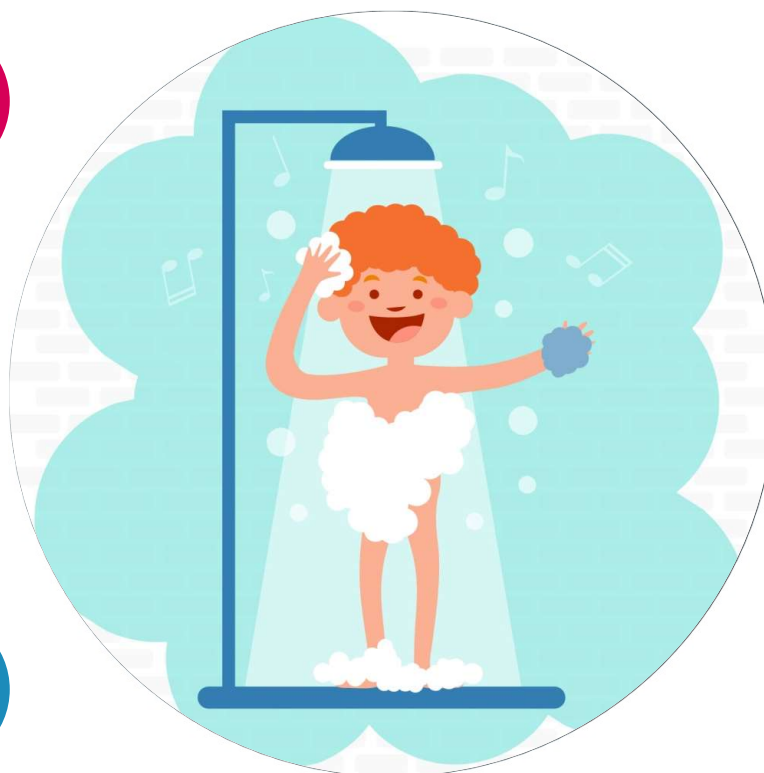


Brush your teeth twice a day

Download the **Brush DJ** app in app store for more fun



Have a daily massage



Add variety to daily baths by adding scents.

Have a shower daily

Add variety by choosing different sponges/scrubs and soaps



Treat yourself

to foot spas, paint your nails & try new hairstyles



Ladies practice your make up sessions



Domestic Tasks

Add some of the activities below to your daily routine

Break up tasks into **easy** and **hard**, try and not do too many new things!!

Make it fun, ask for help! Do it with a carer/family.

EASY

- ☐ Hoovering large spaces
- ☐ Dusting easy -reach spaces
- ☐ Mopping floors
- ☐ Organising drawers- add your own labels
- ☐ Emptying bins
- ☐ Writing a shopping list
- ☐ Laundry- putting things in washer,
hanging things up to dry, putting away in the drawer
- ☐ Wiping down tables after meal times
- ☐ Setting the table
- ☐ Making a cup of tea

HARD *(Will require help, an adult to show you - or just YouTube it!)*

- ☐ Using different brushes for narrower space
- ☐ Dusting places out of reach- ask for help!
- ☐ Preparing to mop the floor can require managing different amounts
of cleaning liquid
- ☐ Organising household items
- ☐ Putting bin liners can require complex motor skills
- ☐ Ordering shopping online
- ☐ Laundry- folding and sorting
- ☐ Changing bed sheets
- ☐ Cleaning kitchen counters
- ☐ Mending things
- ☐ Polishing shoes
- ☐ Making a tea with a teapot for the family out in the garden
- ☐ Washing windows
- ☐ Home decorating

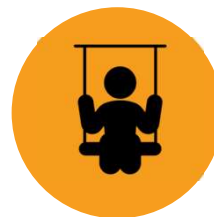
Outdoor Activities



Potting plants



Weeding



Sitting in swing chair



Ball or racket games



Looking after bird
table or feeder



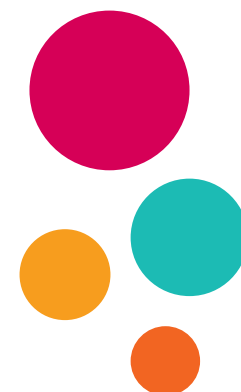
BBQ



Touching and smelling plants
and herbs and flowers



Frisbee



MAKE YOUR OWN BIRD FEEDER

CBeebies: <https://www.bbc.co.uk/cbeebies/makes/bird-feeder>

YouTube: <https://www.youtube.com/watch?v=7yV6V6rtpyc>



Indoor Activities



Coloring,
art and craft,
photobooks,
reading

Movies, music,
podcasts,
audiobooks,
games, dancing



Meditation and
Relaxation

Baking, cooking
try a new recipe

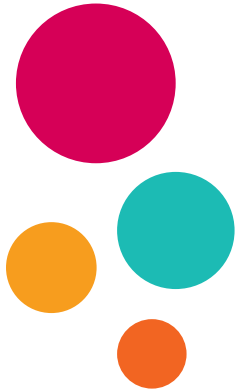


Watch Jamie Oliver

www.jamieoliver.com



Getting Bored? Try these fun activities



01

Play **keep up the balloon**

Focus on stretching and big movements

03

Tie dye or paint T-shirts.

You can even print a design for these and have someone iron it on.

05

Make a life story about yourself.

Or maybe a mood board of all the things you like!

07

Decorate the garden with chalk

02

Have a go at **Yoga** or a **dance routine** on YouTube

04

Make jewellery (string and beads) if this is safe to do so

06

Play musical games i.e. musical statues/musical chairs

08

Make giant bubbles outside

09

Make paper airplanes and boats. Race these. Use descriptive words to talk about what is happening. Try new designs and techniques i.e. fast or slow.

10

Do a virtual tour online

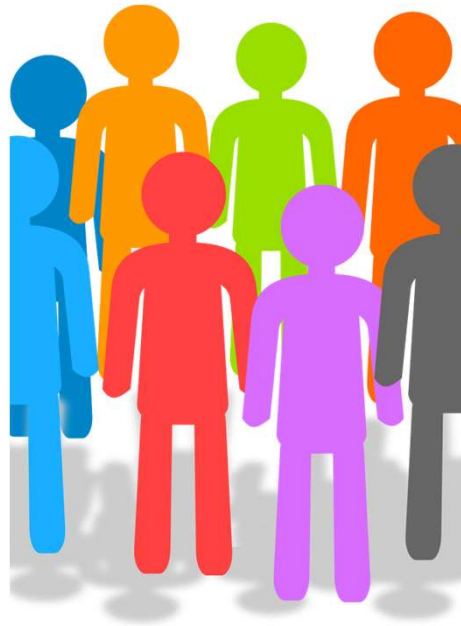
You could visit a zoo or a museum!
<https://bit.ly/3bTN5ZS>



Wellbeing

Stay in Contact with Friends & Family

- **WhatsApp video calls**
- **Facetime**
(only available on apple devices)
- **Facebook video calls**
- **Facebook**
- **Instagram**
- **Snapchat**
- **Skype**
- **Zoom**
- **Emails and recordings**
- **Cards and letters**



MIND website

National Autistic Society has created a MIND website with resources to stay safe at home

Visit: <https://bit.ly/2xaz5Mq>

STAY SAFE WHILE USING SOCIAL MEDIA
<https://www.changepeople.org/Change/media/Change-Media-Library/Blog%20Media/Keeping-Safe-Online-Easy-Read-Guide-Small-File-Size.pdf>

Easy Relaxation

S.T.O.P.

S- Soft face,
soft shoulders



T- Take 5 S-L-O-W
deep breaths



O - Open my chest



P- Posture check



© 2001 Goldberg, Miller, Collins, Morales

SHAPES YOGA



I am a triangle.
DOWNWARD-FACING DOG POSE



I am a rectangle.
PLANK POSE



I am a square.
TABLE TOP POSE



I am a circle.
CHILD'S POSE



I am a star.
RESTING POSE

© Kids Yoga Stories.

Shapes Yoga
PRINTABLE POSTER



Exercise

Here's a collection of exercises you can do while staying at home or in your garden.



Joe Wicks "The Body Coach"

9am P.E sessions - <https://bit.ly/3bW52a9>



Go Noodle

Keep exercising - <https://bit.ly/34cYnpz>



Circuits in the garden



Dog walking



Muddy walks



Sensory Activities

ORAL MOTOR

Follow SLT guidelines if there are any dysphagia concerns

- ☐ Blowing bubbles
- ☐ Sucking thick liquids milkshake /
- ☐ Smoothie through a straw
- ☐ Chewing - gum, bagels, dried fruit
- ☐ Eating crunchy food / ice
- ☐ Sucking sweets
- ☐ Using curly straw
- ☐ Drinking from sports bottle

PROPRIOCEPTION

- ☐ Wall push ups
- ☐ Chair or desk push ups
- ☐ Stretchy bands on chair for feet
- ☐ Body sock
- ☐ Increase movement by doing small jobs
- ☐ Wiping counters/ tables / windows
- ☐ Squeeze toy / fiddle
- ☐ Have crunchy or chewy food at breakfast and throughout day
- ☐ Use drinks bottle with valve
- ☐ Moving furniture
- ☐ Going up and down stairs

PRODUCTIVE TASKS AT HOME

- ☐ Loading / unloading washing machine
- ☐ Wiping counters
- ☐ Carrying shopping
- ☐ Carrying boxes / items
- ☐ Washing windows
- ☐ Vacuuming
- ☐ Mopping
- ☐ Sweeping
- ☐ Taking out rubbish / recycling
- ☐ Digging
- ☐ Weeding
- ☐ Watering plants using watering can
- ☐ Going up and down stairs to fetch items
- ☐ Mixing cake with spoon
- ☐ Kneading, and rolling dough

Easy activities to try at home

Shaving Foam Marbling

Method:

Using a tray or a plastic sheeting/tablecloth, spray some shaving foam.

Add drops of food colour into the foam.

Swirl the colours to make interesting combinations of colour.

Place a sheet of paper onto the shaving foam and press down.

Lift the paper and using the ruler scrape off excess foam to leave your marbled design.



Ingredients

- Shaving Foam (not gel)
- Tray or large sheet of plastic
- Food colours
- Droppers if you have them
- Chopstick or stick
- Plastic ruler
- Paper
- Apron
- Soap and water to clean up

Sensory Bags

Method:

Gather up your equipment.

Place several spoonfuls of hair gel into the sandwich bag.

Do not overfill as it could leak! Less is more.

Add your objects of interest -glitter; baubles; small items; tinsel.

Close ziplock bag and use parcel tape to secure.



Ingredients

- Plastic Sandwich Zip Lock Bags
- Hair Gel
- Glitter
- Interesting objects- flowers; bobbles; characters; shiny bits
- Spoon
- Parcel tape to secure bag





Something more on Sensory

National Autistic Society has more information on our senses
<https://www.autism.org.uk/about/behaviour/sensory-world.aspx>



Useful Links



Sensory issues and handwashing

Handwashing is crucial in reducing risk of Covid-19.

Please see advice from Sensory Integration about this

<https://www.sensoryintegration.org.uk/News/8821506>

Managing Behaviour

At this time of unprecedented change the person you support may appear to behave in an unusual manner particularly individuals with Autism. There is usually a reason for this behaviour, it can be due to the individual being unable to understand the situation e.g. why a routine has changed; or ways of coping. Knowing what causes behavioural difficulties can help you to think of and devise ways of dealing with the behaviour

It may be helpful to use the iceberg analogy (below) when assessing the situation

Iceberg Analogy



**Behavioural response e.g.
hitting, kicking screaming,
refusal**

Sensory processing difficulty
Unclear of what's expected of
them
Communication difficulty
Bored
Anxious
Seeking attention/1:1
interaction

**Complexities
around the
individual's
responses –
possible
underlying
causes**

USEFUL LINKS

National Autistic Society

<https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx>

Person plan for change

<https://www.autism.org.uk/about/behaviour/preparing-for-change.aspx>

Positive behaviour support principles for practice for COVID-19

https://www.bild.org.uk/wp-content/uploads/2020/04/PBS_principles_for_practice_COVID-19_Final_draft-00000002.pdf

Posture and Seating

Keeping active where possible , aiming to change position as frequently as you can.

Positions include

- Rolling
- Side-lying
- Sitting
- Using a standing frame
- Moving in your chair

-Continue any physiotherapy programs you have been provided with.

Bobath scotland

(<https://cerebralscotland.org.uk/coronavirus-covid-19-and-cerebral-palsy/>) has useful information on

- Keeping active
- Looking after your equipment
- Hand washing

More resources: Yoga for wheelchair users

<https://kdsmartchair.com/blogs/news/58783043-yoga-for-wheelchair-users-8-poses>

Activities for wheelchair users

<https://www.specialneeds.com/activities/mobility-limitation/activities-kids-exercises-children-wheelchairs>

References

PAMIS

<http://pamis.org.uk/>

Are an organisation that works and supports People with Profound and Multiple Learning Disabilities (PMLD) and their families.

NATIONAL AUTISTIC SOCIETY

<https://www.autism.org.uk/>

Is the leading UK's charity for Autistic people. Their website provides information and advice for Autistic people, friends and families across the UK including training courses, also support for Professionals.

DOWNS SYNDROME ASSOCIATION

<https://www.downs-syndrome.org.uk/>

The Down 's syndrome Association (DSA) is the only charity in the UK dealing with all aspects of Down's syndrome. Its aim is to help people who have Down's syndrome live full and rewarding lives. Their website provides information and advice for families, carers, people with Downs Syndrome, new parents, and professionals.

MENCAP

<https://www.mencap.org.uk>

Is a UK learning disability charity working with people with learning disabilities and their families and carers. Their website provides information on everyday living, friendships and relationships, early years and children, health and wellbeing, also services to support people helping independently for the first time.



Thank you

Staying safe and **keeping healthy**
during the outbreak of **COVID-19** will
help **protect yourself** and **others**.

