



A selection of the recent activities offered by our Shared Lives Carers.....

Our service users are now aged from 17 – 91, so our carers have really researched the activities that people would enjoy.

Outdoor activities/trips:

- Budgeting support/help to pay bills and set up direct debits/setting up of filing systems to keep track of finances, receipts etc.
- Shopping: food – including support with shopping lists, payment, meal planning etc. Clothes shopping – general clothes as needed, special outfits for a family wedding and we even supported a young lady to buy her own halloween costume! Trips for our younger service users have included Inverness, as they enjoy going further afield.
- Picnic Lunches and coffee and lunch in various settings. Support with managing money, ordering, offering choice of setting, meal etc.
- Rollerball. One carer has organised rollerball for 2 of her younger service users.
- Pets: Most settings have pets and many people enjoy the walks and interaction with carer pets.
- Walks: Carers have accessed local organised walks and have visited many gardens, parks, visitor centres, seaside and woodland areas.
- Moray Leisure Centre: Access to the various facilities – swimming and jacuzzi etc.
- Pool/darts: Some of our service users have really enjoyed their time playing pub games.
- Living Golf/driving range.
- Youth Café Intergenerational Group. Time spent with younger people in the community.

- Porcelain flower Group. One carer arranged this for service users. They are going back again soon!
- Access to Monday Club, Musical Memories Group and Alzheimer's Cafes, Greyfriar's Club etc as appropriate.

Indoor activities:

- Craft sessions. Memory board making to help remember important dates/events. Themed projects e.g. Christmas, Paris (along with Web "trips" to support the project). Porcelain flower making at a local group etc.
- Beauty and pamper sessions: hair styling, nails etc. Supporting our younger service users to feel more confident and have fun trying out new looks.
- Bingo, bagatelle, dominoes, jigsaws, and other puzzles etc to keep the mind active.
- Adult colouring. One service user really loves the adult colouring books his carer sourced for him.
- Programmes of interest – news, documentaries, dvd's. Chatting about them afterwards encourages communication skills and wellbeing.
- Baking and cooking. Shared Lives encourages the service user to help with lunch preparation, sharing of recipes, Christmas Cake making etc. They often take home a selection of their wares for family.
- IT/Web sessions. Carers use the internet to offer online appropriate games such as solitaire. They also use Google Earth to look at places of interest, research possible future outings etc. They look up topics of interest with service users e.g. World War 2, planes, history, local interest topics etc and support service users to learn the basics of computer use, as appropriate.
- Quiet Times. Some service users need regular scheduled rest in the day and carers ensure they facilitate this as needed.