

Activity Ref:

Independent Activity / Leisure / Relaxation/ Routine – Evaluation

Activity Name: SHOPPING

Activity/Routine Description

Going to the shops to buy IN's lunch or anything she would need.

What preparation is required by staff (include detail relating to environment /equipment / resources)

Staff tell IN what time they will go shopping and makes a list of what she needs. Staff also tell IN what she is doing before and after going to the shops. IN usually wants to know if she is going for a long walk as she will usually take a position against doing so.

Describe how Activity/Routine will be initiated

Staff tell IN that it is time to go shopping. Before going to the shops, IN is usually watching TV so staff ask her to turn off TV. Through verbal prompting, staff indicate the next steps to IN

"Put on your socks".

"Put on your shoes".

"Put on your jacket".

Once IN is ready, staff ask her to take her purse so that she can pay with her card. Staff also remind IN that they must wear a mask inside the shop but IN does not need to do so, as she is exempt from wearing mask.

Staff make sure they have phone, keys, masks and a bag with them so they are ready to leave the flat.

Describe in detail the support required to facilitate activity

Staff agree with IN the time to go to the shop and make a list of the things IN needs. When it is time to leave, staff tells IN that it is time to go shopping. They remind IN that she needs to put on her shoes and jacket and get her purse. Staff also remind IN what they are going to do next. Once on the street, one staff member holds IN's hand and stays by her side until she enters the shop. The other staff member stays behind as there is not enough room on the pavement for the three of them. Normally the walk takes about 5 minutes to reach the shop, the staff establishes a conversation with IN to keep her distracted as IN tends to stare and say things to people on the street.

Individual's
Name:

Israh Naeem

Staff Sign
& Date:

Justyna Zagiell 15/01/2021

Staff can remind IN again what they are going to buy. Just before entering, staff put on the mask and remind IN that she cannot touch what she is not going to buy. Once in the shop, staff remind IN to apply the disinfectant gel. A staff member takes the lead and goes through the shopping list, always letting IN know what she is buying. Once completed, staff and IN go to the till and staff encourage her to pay independently. Staff helps her to pass the products through the barcode but tries to get her to do it herself. To pay, staff tells her to take the red card out of her purse. IN knows that she has to bring it to the card machine and then pick up the receipt. Staff helps IN put everything in the bag and they leave the shop. Once outside, staff gives IN the option to choose which way back she wants to go. On the way back, staff follow the same strategy as on the way out, one staff member holds IN's hand and the other carries the shopping bag. Just before reaching the flat, IN will ask one staff member to count to 20 so that she can hide with the other staff member (hide and seek). Once in the flat, staff asked IN to wash her hands.

What records will be kept relating to Activity/Routine

- Risk assessments for going to the shops
- Daily log
- Communication book.

Recorded in SP
(enter section)

Risk Assessment in place (enter ref #)

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Activity Ref:

Independent Activity / Leisure / Relaxation/ Routine - Recording

Activity Name:

Day / Date	Individual's Response to Activity	Staff Input Required	Positive Outcomes	Areas of Difficulties	Comments / Suggestions / Strategies	Staff Signature

**Individual's
Name:** Israh Naeem

**Staff Sign
& Date:** Justyna Zagiell 15/01/2021