

Activity Ref:

Independent Activity / Leisure / Relaxation/ Routine – Evaluation

Activity Name: WALKING

Activity/Routine Description

Walking around the park or wherever staff and IN have decided to go

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

Staff tell IN what time they will go for a walk and where. Staff also tell IN what she is doing before and after going for a walk. IN usually wants to know if she is going for a long walk as she will usually take a position against doing so. Staff encourage IN to go for a long walk with verbal prompting such as "it's good for your health", "since you've been walking more you've lost weight!", "If we walk a bit we'll get to the park you like so much".

Describe how Activity/Routine will be initiated

Staff tell IN that it is time to go for a walk. Before going for a walk, 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".

If IN is unhappy about going for a walk, staff try to make her see the rewards she can have afterwards such as a delicious meal, a drink she likes, or whatever activity they have decided on beforehand to motivate her.

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

Describe in detail the support required to facilitate activity

Individual's
Name:

Israh Naeem

Staff Sign
& Date:

Justyna Zagiell 15/01/2021

Staff agree with IN the time to go for a walk and what route they are going to take. When it is time to leave, staff tells IN that it is time to go for a walk. They remind IN that she needs to put on her shoes and jacket. 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 the walk is done. The other staff member stays behind as there is not enough room on the pavement for the three of them.

Staff try to keep IN active by chatting with her or commenting on anything they might see on the street. IN is curious and often asks what kind of buildings or what certain things she notices on the street are for. Staff engage with this conversation, allowing IN to keep her mind busy and want to keep walking. Staff try to keep IN's attention of IN all the time, praising her for her effort. IN may try to start a conversation with someone on the street, staff should be aware and analyse the moment, stop the conversation if it is being too intrusive or IN is disturbing that someone.

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).

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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Individual's
Name: Israh Naeem

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

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