

# Activity and Inclusion

Specialist

## Who is this course aimed at?

This course is aimed at those who wish to provide stimulating activities for those in residential care.

## Course Aims

To be able to provide stimulating activities for those in care.

## Learning Outcomes

- Understand how quality of life is assessed
- Recognise the factors that can impact resident life satisfaction
- Be aware of the effect that social isolation can have on mental and physical health
- Recognise the factors that can cause feelings of loneliness and isolation
- Recognise the barriers that can prevent socialisation and inclusion
- Be aware of methods to overcome these barriers
- Recognise the benefits of social activities
- Be aware of the different forms of group and one-to-one activities
- Recognise the importance of exercise for elderly people
- Know how to adapt activities using the STEP Model
- Understand how continued learning opportunities are beneficial for elderly people
- Know how to provide effective learning activities
- Be aware of organisations and resources to support social inclusion and activities

## Course available as

### Face to Face

**Course Length:** 3 Hours

## Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578