

# Adapting Activities for Seniors

This playbook outlines steps for adapting recreational activities to accommodate seniors with limited mobility, helping to ensure their engagement and entertainment.

## Step 1: **Assessment**

Evaluate the mobility levels and preferences of the seniors to tailor activities that cater to their abilities and interests.

## Step 2: **Planning**

Develop a list of potential activities that are suitable for seniors with mobility challenges, keeping in mind their physical constraints and safety.

## Step 3: **Modifications**

Modify traditional activities to make them accessible. This could include adjusting rules, changing equipment, or altering the play area.

## Step 4: **Safety Measures**

Implement safety measures such as providing support aids, ensuring clear pathways, and having staff assistance available to prevent accidents.

## Step 5: **Trial Run**

Conduct a trial run of the adapted activities with a small group of seniors to solicit feedback and make any necessary adjustments.

## Step 6: **Implementation**

Introduce the adapted activities to the wider senior group, ensuring that all participants understand the new rules and adaptations.

## Step 7: **Ongoing Feedback**

Regularly collect feedback from participants and staff to assess the success of the activities and make further adaptations if needed.

# **General Notes**

## **Variety**

Offer a diverse range of activities to cater to different interests and prevent monotony.

## **Inclusivity**

Strive to make activities as inclusive as possible, considering both physical and cognitive limitations.

## **Family Involvement**

Encourage family members to participate or observe the activities to foster social connections and provide support.