

Activities for Health and Well Being Portfolio

You will need to write a report of 800-1200 words. Your report is about an activity that you have carried out in your chosen care sector. The activity may be with an individual or group

The report must include:

- The range and types of activities suitable for the different groups of people
- The benefits of these activities in terms of physical, intellectual, emotional and social development
- How to make an appropriate choice of activities for a chosen client group
- How to plan the activity showing consideration for aspects of the setting – safety, resources, time etc and for the client group – PIES needs, interests, language, assistance, supervision etc.
- How to implement the activity
- An evaluation of the activity.

Your Task:

1. Read Collins P.241-243 carefully. Complete the planning activity sheets (attached)
2. Decide the activity you would like to lead and with whom. Make some notes about how many people to involve, resources, timing, activity etc.
3. See Mrs Manktelow about contacting a relevant care setting to arrange a visit to conduct your activity.
4. Plan your activity carefully you will need to explain and justify yourself to the supervisor before you will be allowed to undertake the activity.
5. Visit your setting to discuss with the supervisor what you intend to do. Make notes about:
 - his/her reaction to your idea
 - The environment you will be using
 - The people you will be working with
 - Health and safety issues
 - Resources available or what you will need to provide etc.
6. Conduct the activity. Keep notes of all that you did and other people's reaction to this. You may want to record this information on tape, by pictures etc. But REMEMBER CONFIDENTIALITY.

Your report must include:

1. Introduce your topic – State what you are intending to do in this portfolio.
2. Describe and explain how you determined which group to work with and explain their needs. You should also consider how their needs may affect their ability to complete the activity. You may include information from your interview with the setting supervisor and discussing with the clients during the activity
3. Describe and explain the setting for your activity remember to include any issues of health and safety
4. Describe and explain which activity you chose. Include information about a variety of activities that you considered and explain why and how you made your final decision. Also identify the areas of need that it satisfies and how it does this.
5. Describe and explain the benefits of this activity to the service user. You should refer to other documents that may be disclosed to you such as Personal Action Plans. You should discuss this with the supervisor at the setting.
6. Describe and explain how you fully planned the activity. Use the attached charts to guide you write this part of the report. You will need to refer to any regulations such as Health and Safety, policies and practices at the setting etc and explain how they support the Care Value Base (Yes, it's that term again!)
7. Describe what happened when you ran your activity.
8. Evaluate your activity.
 - How did you feel that activity went? Was it successful? Why?
 - What did other people think of your activity? Ask the supervisor
 - How did the service users respond?
 - What would you change if you did the task again? Why?

In order to achieve the highest marks your report will need to

- Show a good use of specialist vocabulary
- give clear descriptions of the service users situation and needs
- evaluate a range of possible activities (at least 5) with a well-explained reason for your final choice
- explain how key principles have been applied when planning and delivering the activity –valuing diversity, confidentiality, avoiding stereotyping, recognising service user choice, promoting empowerment and self-esteem.
- Refer to additional information, legislation and guidelines to support your choice of activity
- Your plan should have clear aims and objectives and be clearly laid out
- Describe the activity fully
- Evaluate the reactions to the activity
- Evaluate the activity. Illustrate your points from your record of the activity and your reflection on what you did. Use a range of theories (eg. Theories of child development, communication) to direct future planning or activities.

Chart 1

Choosing an Appropriate Activity

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Use this chart to make sure you have considered fully your service users needs.

You may want more than one copy of this sheet so that you can test out a variety of options.

Type of Need	Expected Benefits	Tick if met by activity
Physical Need	Activity to promote cardiovascular health, fitness, flexibility, stamina, Improved sleep, relief of stress, relaxation Activity to develop muscles, improve hand-eye coordination Activity to reduce weight or stimulate appetite	
Intellectual Need	Activity to encourage cognitive skills – concentration, memory, problem-solving, imagination, development of language, holding a conversation, comparing and contrasting, following instructions Development of literacy or numeracy skills	
Emotional Need	Expression of emotion, relief from stress, diverting thoughts from problems Achieving relaxation, security, contentment, pleasure, happiness Redirection of destructive behaviour Development of imagination and creativity	
Social Need	Developing friendships, sharing experiences, developing respect for others Development of sense of identity, self-esteem, self-awareness and confidence Enhancing feelings of empowerment Developing interpersonal communication skills	

You may include copies of this chart in your appendix.

Use this chart to review the context for your planned activity

Is the activity part of a longer developmental or education programme Eg. National Curriculum Personal Centred Plan	If 'yes' you need to be very clear how your activity fits in.
Is the activity part of a programme of scheduled activities in the care setting? Eg. Music and movement class	If 'yes' you need to be very clear how it fits in
What time of day would be best for this activity?	Is your client likely to be tired or full after lunch? Are there any special considerations? Eg sleep time
What time of year would be best for this activity?	Is the weather likely to be an issue? Will you be able to control the room temperature?
What else might be going on in the setting at this time? Eg. Meal time, drugs round, dental visits	Make sure what you are planning doesn't clash with something else that your client wants to do Make sure your room hasn't been booked for another activity

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Use this chart to help you make sure that you have put in place everything to make this a success

	Your notes
Is the room the right size for the activity? How many people are involved? Will you need space to move around? Will you need to move furniture? Is there good ventilation and heating?	
What facilities will you need? Power point for cd /TV/ video etc Water for artwork Loop system for deaf Is the lighting good enough for what you need? Are the acoustics good enough?	
What furniture and/or equipment will you need? Tables – large / small / movable Chairs – types comfortable / upright TV ,Video, CD player Art materials Exercise equipment	
Is there easy access to the building / room? Are there ramps or a lift? Are there handrails? Are the doors wide enough?	
What additional help will you need? A signer / communicator for deaf Personal helper for mobility Translator	
Other aids or equipment Paper, scissors, paints, cards, puzzles etc	
What Health and Safety Issues do you need to consider? The condition of furniture and equipment Safe access and exit Trip hazards Adequate heating and lighting etc	

Chart 4

Planning the Activity

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You will need to..	Your notes
Consult with and get permission from the care team	
Consult with and get agreement of client / service user	
Establish clear aims and benefits to the service user	
Develop the different steps or stages of an activity, including timing of these steps	
Know when you (and the client) will need assistance or supervision	
Identify the resources needed and how you will obtain them	
Organise and prepare for the activity	
Prepare everyone who will be involved	