

Different types of creative activities

DEVELOPMENTAL

e.g. problem-solve; interpret info; improve concentration; listen to ideas & work together.

IMAGINATIVE

e.g. dance & drama; use of puppets; dressing up & role play; creating a display.

MEDICAL

e.g. knitting & crocheting (fine motor skills & pain free joints); movement/dance (balance/co-ordination/well-being)

PHYSICAL

e.g. gardening; woodwork jigsaws; ball games; walking & cycling.

INTELLECTUAL

e.g. quizzes; story-telling; poetry; group discussions; music; animal sounds for recognition.

EMOTIONAL

e.g. storytelling; mime; craftwork; painting.

SOCIAL

e.g. singing; dancing; reminiscence therapy, mime; group painting or cooking & discussions.



Physical needs
Learning difficulties
Sensory impairment
Behavioural conditions
Special needs

Children & Young People



RO27 - KNOWLEDGE ORGANISER

ADDRESSING INDIVIDUALS NEEDS

Adults

Mental health needs
Special needs
Physical disabilities
Sensory impairment
Medical conditions



Older Adults

Memory loss
Lack of mobility
Sensory impairment (including hearing impairment)



PHYSICAL

Fine motor skills
Gross motor skills
Circulation

Improve dexterity
Increase muscle strength
Improve hand to eye co-ordination
Improved mobility
Increase in fitness
Exercise (heart, lungs & muscles)
Reduction of pain/discomfort



INTELLECTUAL (cognitive)

Mental stimulation
Work independently
Creative skills

Social interaction
Developing friendships



SOCIAL

Being able to work in groups/teams
Improved relationships
Staying connected/sharing experiences with family/friends
Able to make new friends more easily
Improved social network
Experiencing how to receive & provide support can promote a sense of belonging



BENEFITS of participating in creative activities

Prevent/slow down memory loss
Relieve boredom
Learn new skills
Ability to plan daily exercises
Ability to make own choices
Problem solving
Improved imagination
Development of life skills
Increased self-awareness

EMOTIONAL

Self-esteem
Express emotions



LANGUAGE

Communication
Language skills



REMINISCENCE THERAPY:
An activity that involves the use of photographs, music or familiar objects to enable individuals to discuss and share their past life experiences.



Feeling valued
Improved self-worth & confidence
Sense of achievement
Reduced anxiety & low mood
Relieves tension & stress



Improved verbal & written communication
Ability to express thoughts /feelings
Learning
Improved speech
Improved listening skills



Language and cognitive development
Reminiscence therapy
Learning difficulties
OCD
Depression
Diabetes
Life story work
Dexterity
Agility
Self-awareness
Self-worth
HSE
Contingency planning

KEY TERMS

Useful websites:
www.ageuk.org.uk
www.alzheimers.org.uk
www.bhf.org.uk
www.hse.gov.uk
www.mind.org.uk
www.sense.org.uk

