

Things I do now and things I would like to do

Instructions for support workers

This activity is to help service users think and talk about the activities they currently do, what these activities mean to them, and activities they would like to do. It may help with service planning and development by identifying activities that would facilitate the person being able to lead a fulfilling life. The activity may prompt further discussion and exploration with service users to work towards initiating new activities.

The activity uses a poster and cards to stimulate and structure discussion. The cards provide a range of activities the service user may currently do, they can be placed on the poster to indicate whether they relate to learning, work, social and fun activities, sport and exercise activities or whether they are inside or outside the home. Some activities may relate to more than category. For example, going to mosque may be considered as an outside the home, learning or social activity. These issues can be explored through discussion with the service user. The aim is to help the service user think about what they currently do and to identify areas for development by discussing why certain activities are important. It may also provide an opportunity to explore any barriers that may hinder the service user from accessing that activity.

The activity is designed to be completed by individual service users with their support worker. The poster and cards should be printed.

Resources to be printed:

1. Things I do now and things I would like to do poster (at least A3)
2. Activities cards (cut into cards)

Instructions:

1. Explain that the activity is to help the service user think about things that they do now and things that they would like to do.
2. Show the 'Things I do now and things I would like to do' video.
3. Discuss the video: ask whether the service user has any questions, ask whether what was said felt relevant to them, ask what it meant to them, and what they felt was important.
4. Explain the activity:

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- a. The activity is for the service users to first identify their current activities and then start thinking about things they might like to do.
 - b. Direct the service user to the poster, explain the different categories of activities and highlight some activities in each category.
 - c. Show the service user the cards and read some more out. First, the service user goes through the cards and picks out activities that they do currently and places them on the poster in the relevant category. Explain that they may not fit in any of the sections or may fit in several, this is fine, the poster is there as a prompt (use the outside sections if necessary).
 - d. The cards do not represent all potential activities. The cards are there as a prompt and to provide examples of potential activities. There are blank cards to write or draw on to detail activities that are not listed.
5. Ask whether the service user has any questions.
 6. Start the activity by asking the service user to go through the cards, pick out the ones they do and place them on the poster.
 7. Encourage discussion about where the cards might go, this may help the service user talk about what the activity means to them and then start thinking about activities they might like to do.
 8. If required, help the service user to identify activities.
 9. Ask for more details about the activity such as when, where, why, with whom they do the activity, how important it is to them and why they like doing it.
 10. Once the service user's current activities have been mapped out, go through the rest of the cards to identify activities they would like to do. Explore what these activities would mean to the service user. Discuss ways that you might be able to facilitate access to this activity, also explore and explain any barriers to access (for example, transport, support needs and funding).
 11. You and the service user could work together to select a number of activities that they would like to do but are also feasible to implement. You could use the planning worksheet to develop a plan to implement these activities.
 12. Consider repeating the activity at regular intervals (for example, every six months) to review progress and ensure the service user's current activities meet their wants and needs.

This activity was developed by Gemma Unwin, Michael Larkin, Biza Stenfert Kroese and John Rose from the University of Birmingham in 2014 to reflect themes from the 'Access to Social Care – Learning Disabilities Project (ASC-LD)'.

Please visit our website: www.ToolsForTalking.co.uk

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