Activities at home Try to continue activities at home. These could include reading, puzzles, jigsaws, singing along to music and creating a playlist, listening to your favourite radio

Your interest checklist

It can be useful to think about activities that you enjoy; this may have been as part of your work role or any hobbies or clubs you were involved with. It can also be beneficial to try new things. You could use the interest checklist below to help generate thoughts and conversations around previous interests and new activity ideas.

Remember to enjoy taking part in the activity rather than the end result

Helpful tips to take part in activities in the home

- Make sure there is good lighting by being near a window or using brighter lightbulbs. Extra lighting such as lamps can also help
- Have a clutter free area and reduce background noise such as turning o the television
- If the activity is carried out while sitting down choose a supportive and comfortable seat. Both feet should be on the ground and hips should be slightly above your knees. Chairs with arms are much easier to get out of
- Make sure you wear your glasses or hearing aid if needed
- Consider the best time of day to take part in an activity. You might prefer to take part in exercise in the mornings and a relaxation activity in the evenings
- Don't pressure yourself to spend long periods of time on activities, short regular sessions throughout the day are equally as beneficial
- Set yourself realistic goals for each day as this will help to create a sense of achievement.