



Activities

Any activity that your loved one can safely engage in counts, whether that is watching hours of television, holding hands, looking for birds out of a window, or something more cerebral or energetic.

As apathy, lack of motivation and fatigue may be symptoms of PSP & CBD, it can be difficult to adjust to the changes your loved one is experiencing in relation to activity levels and interests. Equally, loss of interest and lower mood can also be a sign of depression, which needs to be checked for by a clinician.

These ideas have been collated from discussions in PSPA Carers Support Groups. More activity ideas are available in the PSPA Carer's Guide, which can be requested over the PSPA Helpline or be downloaded from the PSPA website.

Top tip – Consider using non-slip matting to keep activity items from moving around on tables.

ACTIVITY	ADAPTATIONS
Jigsaws	Try puzzles with less pieces, different sizes, reducing the number of pieces, thicker pieces, choosing pictures with high contrasting colours or lines.
Puzzles - Paper	Large print versions of wordsearches, crosswords, sudoku, noughts and crosses etc widely available in WH Smith, The Works and large Supermarkets.
Puzzles – Digital	Boardgame Arena is a website full of free games to be played on ipad's, tablets, mobile phones and desktops. Patience and solitaire type card games where you swipe the screen can work better than those that require extra controllers to be plugged in.
Board Games	The Orchard Toys brand have brightly coloured, well-made games, many of which are based on matching, collecting or being first past the finishing line. Try larger dice or using a shaker to roll out the dice.

	<p>Try dominos, draughts, snakes and ladders, ludo, frustration, or battleships for some healthy competition.</p>
Arts & Crafts	<p>Watercolours can be easier to work with than acrylic or oils.</p> <p>Paintable pictures that have sections marked out already can help guide the artist.</p> <p>.</p> <p>Painting wooden or Plaster of Paris items.</p> <p>Decopatch or similar, uses pattern tissue papers, pasted onto cardboard shapes – animals, vehicles, dishes, pots etc. Have a good, varnished style finish. Makes no difference how the tissue paper is stuck as it benefits from layering.</p> <p>Modelling clay, some of which can be baked to harden, like FIMO or airdry</p> <p>Etching uses a metal nib to follow lines or a pattern, scraping away a top black layer and reveal colour underneath and create pictures.</p> <p>Painting suncatchers or glass where there is an outline or sections that make it easier to stay within areas.</p> <p>The Works, The Range and large Supermarkets often stock materials at a low cost.</p>
Photographing previous hobbies	<p>If your loved one is unable to continue with an interest such as woodwork, sewing, painting, then you could photograph the items that they have made and collate them into an album as a record of what they have made. This could involve others who may have received creations as gifts.</p>
Watching Comedy	<p>Television, cinema or theatre that features slapstick or physical comedy where there is less dialogue to follow such as the Pink Panther, Keystone Cops, Laurel & Hardy, Mr Bean etc.</p>
Listening	<p>Echo dots and firesticks can attach to keypad to take away the need for voice activation.</p> <p>Talking newspapers and magazines. Audio books from the local library.</p> <p>Consider using the radio or services like Audible and Spotify</p>

Pampering	<p>Facemasks – use single sachets to try out rather than buy large bottles of products. Peel-off, wash off or take off plastic backed versions available.</p> <p>Manicures and pedicures – some products are designed to strengthen or protect nails.</p>
Activity Centres	<p>Find out locally what is available to you at local community centres or hospices.</p> <p>If you have a social prescribing coordinator in the area, usually connected to GP surgeries, ask them about any accessible activities that are on offer in your area.</p>