



Group and Individual Work with Older People: A Practical Guide to Running Successful Activity-based Programmes

Julie Heathcote, Swee Hong Chia, Jane Hibberd

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Being active is fundamental to a person's sense of physical and mental wellbeing, and the need to engage in purposeful and meaningful activity does not diminish with age. However, common effects of ageing, such as reduced vision and hearing, arthritis, dementia, and in some cases social isolation, can affect an older person's ability to participate in therapeutic and recreational activities.

Introducing the concept of PIE (Planning, Implementation and Evaluation), this practical resource will enable professionals working with older people to initiate and run successful activity-based programmes with their clients, either individually or in groups. The authors guide the reader through the processes of group and individual work, and provide step-by-step instructions for a range of activities, including arts and crafts, music, drama, movement, relaxation, reminiscence, and day-to-day tasks such as taking care of personal hygiene and preparing food and drinks. The book also describes the importance of assessing and evaluating activity-based work, with examples of completed evaluation and assessment forms. Useful case studies and self-reflective activities for the facilitator are included throughout.

This book will be an invaluable for occupational therapists, creative arts therapists, health and social care practitioners and all other professionals working with older people.

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