

## ACTIVITY AREAS



Following are guidelines for creating Activity Areas to support older people especially those living with dementia or other disabilities.

Setup activity areas or workstations to create activity options for people. These areas can be anywhere and can contain anything that may be of interest to a person. Our lives are given meaning through activities and connections with others. When people are engaged, responsive behaviours and depression can be minimised.

*“Doing, to most people, is synonymous with being alive.” Zitka Zgola*

Whether in their own home or a care community or day centre, people should be able to find things to do at any time of the day or night. Activity areas can reduce responsive behaviours and provide diversion when needed.

Signage is used at an activity station to invite the person and direct the person as to what to do. For example, a basket of tea towels to fold should have a sign “Please fold the tea towels” or a sign on a bookcase that says “Please choose a book to read”

There are many options for activity areas such as knitting, sewing, puzzles, painting, drawing, folding, sorting, matching. It is important that activities are replaced as required. It is preferable to keep the same sort of activities in the same area. For example, the puzzle table or folding table remain in the same place. Moving areas from place-to-place increases confusion for the person, keeping them in the same location offers predictability and structure.

Try and create activity areas that are bright and interesting, colours can be changed to add variety. For example, have several baskets of socks to pair, each basket with different coloured or patterned socks. The baskets can alternate.

If an activity station or areas are not being used, it is time to review and change the area. At these times it is important to go back to looking at who the person or people are. What have been past interests, what are likes and what are the persons abilities. What do you observe about how the person or people use the space? Once you have collected this information, you will have a better idea of what may work as an activity area.

Montessori is a fluid model, meaning we need to change what we do as the people we care and support change. Abilities change and our activity areas may need changing or modification if it is to be used effectively and if they are to bring joy and a sense of accomplishment to the person or people using them.



Video: [Montessori Activities](#)



Video: [Meaningful Activities in an Aged Care Service](#)



Video: [Montessori Activities in Aged Care](#)



Video: [Selecting Montessori Activities for Elders](#)

## Montessori for Dementia, Disability and Ageing

Visit our website to find out more about supporting well-being through the four **Key Principles** of Montessori for Dementia, Disability and Ageing: Self-Esteem, Independence, Choice and Meaningful Engagement. Each **Key Principle** is outlined with **Essential Elements** and then has detailed **Guidelines** to assist with implementing these principles within home and care settings.



Website: Information and resource for [Guideline: Activity Areas](#)