



## **THE BEST FRIENDS™ APPROACH TO ACTIVITIES**

- The art of activities is not in what's done; it's in the doing.
- Activities often need to be initiated by a Best Friends care partner.
- Activities should be individualized and tap into past interests and skills.
- Activities should be adult in nature.
- Activities should stimulate the five senses (hearing, sight, smell, taste, and touch).
- Activities should tap into remaining physical skills.
- Activities should fulfill spiritual and/or religious needs.
- Activities should recall the work-related past.
- Personal care is an activity, not just a task.
- Doing nothing is actually doing something.
- Activities should be voluntary.
- Intergenerational activities are especially desirable.
- Activities can be short.
- Activities we think will never work sometimes do.