

# Chapter 12

**INTRO OP 1.1** Understand the importance of engagement in leisure and social activities in health and social care

## What you will learn in this unit

You will gain an understanding of:

- ◆ the importance of leisure and social activities for an individual's well-being
- ◆ how leisure and social activities support relationships
- ◆ a range of leisure and social activities
- ◆ how to find out about the interests and preferences of individuals
- ◆ the benefits of a person-centred approach for individuals taking part in leisure or social activities
- ◆ the different types of support that individuals may need so they can take part in leisure and social activities
- ◆ how to promote independence through leisure and social activities.

## LO1 Why leisure and social activities are important for an individual's well-being and relationships

### 1.1 1.2 Why leisure and social activities are important for an individual's well-being and support relationships

Everybody needs to spend time relaxing and doing things that they enjoy, either on their own or with friends. **Leisure activities** give children and adults the chance to take part in activities that interest them and help them to relax. For example, children may enjoy riding their bike in the local park, families may enjoy walks together and older aged adults may enjoy attending clubs or going on day trips.

These sorts of activities are very important for an individual's **well-being** because they help to create a fit and healthy body and also boost mental well-being, helping people feel more positive and relaxed.

Children and adults may spend time enjoying leisure activities with other individuals or groups. For example, a child may visit the local park with friends from school and an older aged adult may belong to a walking club which meets every weekend to walk together as a group. Taking part in **social activities** or hobbies helps to **support relationships** because people have the chance to make new friends and also to enjoy friendships with people that they already know.

Family leisure activities allow families to strengthen their relationships and spend quality time together.

### Important words

**Leisure activities** – interests or hobbies that people can enjoy

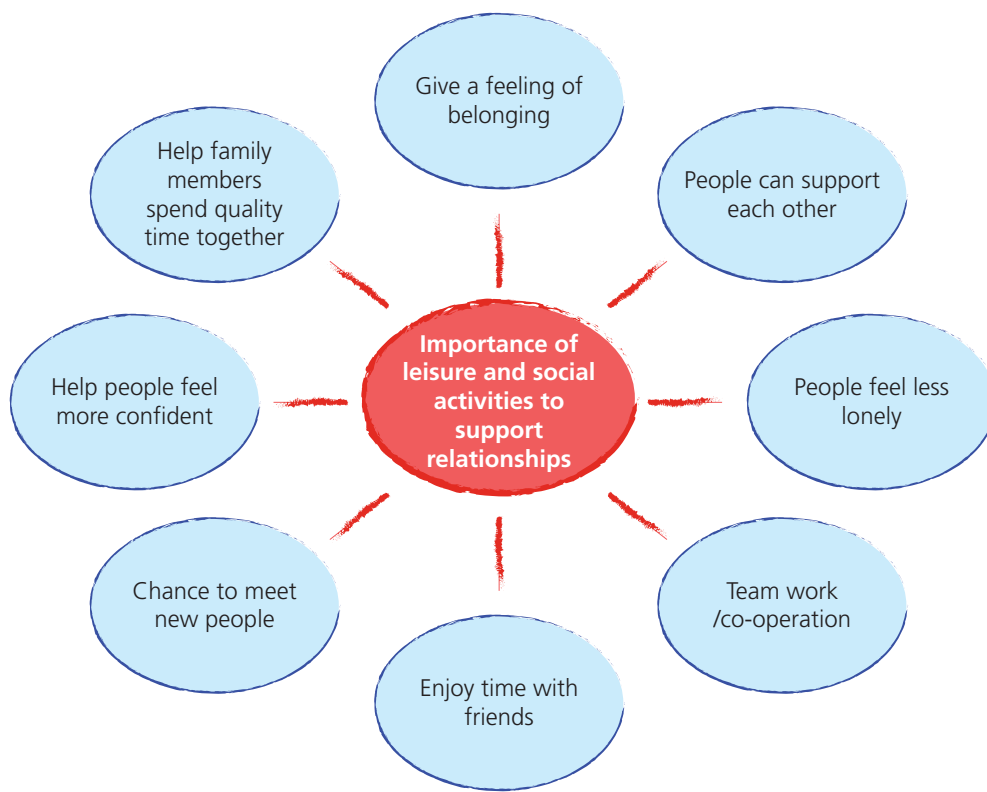
**Well-being** – an individual's good physical and mental health

**Social activities** – activities that people take part in with others

**Support relationships** – spending time with others to strengthen friendships and meet new people



**Figure 12.1** Importance of leisure and social activities for well-being



**Figure 12.2** Importance of leisure and social activities to support relationships

### Assessment task 1.1 1.2



Make a poster showing the leisure and social activities that you enjoy. Explain how doing these activities supports your relationships and your physical and mental well-being.

## LO2 A range of leisure and social activities

### 2.1 Identify a range of leisure and social activities that take place within:

- ◆ a person's own home
- ◆ a local community
- ◆ a residential or group living home
- ◆ day care provision.

There are many different leisure and social activities that can be enjoyed by children and adults, whether in their own home, in different health and social care settings or within the local community.



**Figure 12.3** A family enjoying a bike trip

Place of leisure or social activity	Leisure or social activity			
<b>A person's home</b>	A party with friends	Reading a book or watching a film	Coffee and cake mornings with neighbours and friends	Gardening
<b>A local community</b>	Football club	Singing in the local choir	Swimming club	Craft fair
<b>A residential or group living home</b>	Playing board games	Group trip to the seaside	Watching old films	Visit from family and friends
<b>Day care provision</b>	Sewing and knitting groups	Flower arranging	Sing-a-longs	Lunch clubs

**Table 12.1** Different social and leisure activities and where they can take place

### Assessment task 2.1



Make your own table like Table 12.1 to show two other leisure and social activities that can take place in:

- ◆ a local community
- ◆ a residential home
- ◆ a person's own home
- ◆ day care provision.

## LO3 How a person-centred approach supports individuals in leisure or social activities

### 3.1 How to find out about the interests and preferences of individuals

There are many ways to find out about the **interests and preferences** of individuals and these include:

- ◆ asking a person about their interests
- ◆ giving a person choices
- ◆ using questionnaires or suggestion boxes
- ◆ talking to families and carers
- ◆ observing a person's enjoyment of different activities
- ◆ looking at personal records
- ◆ providing a range of leisure and social activities to give a person choices.

#### Important words

**Interests and preferences** – the things that a person enjoys and chooses to do

#### Assessment task 3.1



Ahmed is 20 years old and has learning difficulties. He will be attending a day care centre for two days each week.

How can the carers working in the centre find out about Ahmed's interests and preferences?

### 3.2 The benefits for individuals of a person-centred approach when taking part in leisure or social activities

Taking the **person-centred approach** will make it easier to provide leisure and social activities that a person enjoys. This is because the interests and preferences of individuals come first.

This is different from not having a person-centred approach where, for example, in a care home a few activities may be provided by the care workers, even if the residents are not very interested in that type of activity.

It is important to take time to find out about a person's interests, likes and dislikes by listening to them, observing them or getting information from others. This information should be used to plan and provide suitable activities for the person, meaning a person-centred approach is being used.

By taking a person-centred approach when planning activities, carers will be able to make sure that the activity is safe for the individual.

There are many benefits to using a person-centred approach when providing leisure and social activities. These may include the following:

- ◆ A person will want to take part in the activity.
- ◆ A person will feel happy when the activity is something that they enjoy.
- ◆ The person may feel good about themselves if they do well in the activity.
- ◆ The person might make friends with others who enjoy the same activity.
- ◆ The person may have skills to share with others.
- ◆ The person's own skills might improve.
- ◆ The activity will be safe for that person.

#### Important words

**Person-centred approach** – understanding a person's individual needs and caring for them in the way that suits them best

#### Assessment task 3.2

Ahmed has now settled into the day care centre and is taking part in the activities. The carers have used a person-centred approach to planning and providing the activities. How will Ahmed benefit from this approach?



### 3.3 The different types of support that individuals may need to take part in leisure and social activities

There are many types of support that may be needed when individuals take part in leisure or social activities. It may be that an individual needs help to get somewhere, such as to a community or sports centre to take part in an activity. This support could mean someone drives them to the centre or perhaps walks with them if it is close by.

When the person is at the community or sports centre, they may have the support of an instructor or group leader, and they may also get support from others taking part in the activity.

When a person is less able to do things for themselves, they may need a care worker to set out the activity or to support them to take part. For example, if individuals in a residential home for older aged adults are enjoying a dancing session, a person in a wheelchair may enjoy being taken around the dance floor by a carer so they can join in.



**Figure 12.4** Taking part in a dancing session

#### Assessment task 3.3



Describe the different types of support that individuals may need to take part in leisure and social activities within:

- ◆ the community
- ◆ their own home
- ◆ a residential home.

### 3.4 How to promote independence through leisure and social activities

It is important that care workers allow individuals to be as independent as possible so that they don't lose their skills, or stop trying to do things for themselves. To promote independence through activities, it is important to:

- ◆ let the person choose their own activities
- ◆ only give support that the person asks for
- ◆ let the person know you are there to help when needed
- ◆ take an interest and join in, without taking over
- ◆ take notice and praise them when they do well or try hard.

#### Assessment task 3.4



Read the list above and, in small groups, make a list of other ways to promote independence through leisure and social activities.

#### Summary



In this unit, you have learned:

- ◆ the importance of leisure and social activities for an individual's well-being
- ◆ how leisure and social activities support relationships
- ◆ that there are many different leisure and social activities
- ◆ how to find out about the interests and preferences of individuals
- ◆ the benefits of a person-centred approach for individuals taking part in leisure or social activities
- ◆ the different types of support that individuals may need to take part in leisure and social activities
- ◆ how to promote independence through leisure and social activities.