

# NAPA Activities

## to support your special events

### Love your Pet Day 20<sup>th</sup> February

These ideas are to help you make the most of some of the special days in your calendar. Add to the fun by building on a topic, which could be spread across several days if that suits you and your team. Anyone in the care team including volunteers should be able to use these ideas. Some may take a little planning, but others you could do on the spur of the moment.



We have used a **colour code** for the NAPA Activities to help you to match them to **people's abilities, interests and level of participation**.

**Blue** – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.

**Red** – Living with early – mid stage Dementia.  
Interested in the 'doing' rather than the end result.  
Can follow simple instructions.

**Orange** – Living with mid- late stage Dementia.  
Able to work one to one to complete short activities

**Green** – Living with late stage dementia, highly dependent. Probably not aware of their surroundings. Sensory stimulation is needed to raise their self-awareness, only stimulate 1 sense at a time as too much can be distressing or confusing for the person

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## Connecting with your Community on Love your Pet Day



### Hold your own dog show!

What a great way to invite the community into the setting and get them involved.



Agility courses can be fun if you want to go big, there are lots of easy to make ideas on Pinterest, or you could do a walk around in front of a panel of resident judges. Invite the residents to a show meeting and let the plans begin! Make some posters and post them around the local town. You could visit a few parks and speak to the owner while they are walking their dogs.

How about making rosettes for all the entrants, you could have an array of prizes:

Biggest

Smallest

Fastest

Slowest

Fluffiest

Loudest – my dog  
would win that  
one!

Bravest shy dog



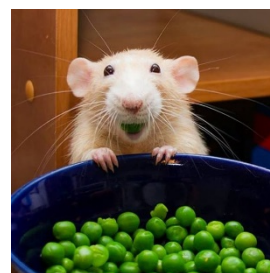


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### **Making the Most of Mealtimes on Love your Pet Day**

How about having a chat about the pets' people have had in their life over lunch? You may be surprised what pets' people have had. I met a lady 10 years ago, who told me her and her husband had a baby tiger cub for a while until he got too big and hard to manage!

Have a think about all the different pets' people have today, snakes, tarantulas, lizards, snails, guinea pigs, rats, horses, tortoises, chicken, goats!!



This is a great reminiscence activity, some will love talking about their pets, others may enjoy looking at images of animals and will enjoy listening to others chatting.

Use the image above as a conversation starter, you will be amazed how many people want to engage with the conversation.



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### Things to do on Love your Pet Day

### Treats for your Pets or Visiting Pets

#### DIY frozen apple dog treats

##### *What you need (makes 16 treats):*

- Hand blender
- Ice cube tray
- 2 apples
- 1 cup plain non-fat Greek yoghurt



##### *What you do:*

- Slice the apple into small pieces, removing the seeds and core.
- Blend the apple, yoghurt and a splash of water until you get a liquid consistency.
- Pour the mixture into the ice cube tray and freeze for a few hours or until hard.

#### Carrot oat apple sauce treats for dogs and horses

##### *What you need (makes 12 treats):*

- 1/2 cup oats (quick for dogs, quick, steel-cut or old-fashioned are fine for horses)
- 1/2 cup unsweetened apple sauce
- 1/2 cup (about 1 large) carrot, finely grated
- 1/2 cup flour



##### *What you do:*

- Preheat the oven to 180°/gas 4 and cover a baking tray with parchment paper.
- Mix all the ingredients in a bowl.
- Use a tablespoon to drop clumps of the mixture on to the tray, shape if you wish.
- Bake for 15–20 minutes, until treats are set.

#### Tasty tuna crackers

##### *What you need:*

- 170 g undrained tuna
- 225 g cornmeal
- 225 g flour
- 70 ml water

##### *What you do:*

- Mix ingredients together. Roll into 1/4-inch pieces.
- Bake on a greased baking tray at 180°/gas 4 for 20 minutes.
- Cool and let your cat dig in!

