

# NAPA Activities

## to support your special events

### World Smile Day 4<sup>th</sup> October

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 World Smile Day

There are so many ways to engage with the local community:

You could invite a local group in, scouts, guides, cubs or brownies. They complete badges and the Entertainment one would be great to make people smile. They could tell jokes, sing or put on a short play. What a great event that would be, lots of people smiling and you help local young people complete a badge!



Spur of the moment outing.

Pop out with a resident or two, you could visit a shop, grab a coffee or go for a walk. How many people can you chat to, sometimes just acknowledging someone makes them smile on the inside as well as the outside! How often do we go out and not say hello to a single person?

**I challenge you..... Make at least 1 person smile a day by connecting with them, if we all did that the whole world would be a happier, less lonely place!**





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### Making the Most of Mealtimes on World Smile Day

#### Lets Dine together



Invite staff to join residents at mealtimes, sitting together will encourage conversation. Staff members may have their lunch separately but sitting and chatting while residents are eating is a great way to engage with people. This will also encourage people to eat more.



Create the experience, soft lighting and background music. People will find this relaxing and make mealtimes for enjoyable and create more opportunities for conversation.

Conversation is so important, and we should be taking every opportunity to take the time to talk to people, this is a great way of checking in. **#itsgoodtotalk**



### Things to do on World Smile Day

#### Coffee and Natter



Social isolation is a big issue, there are many things that can be done to help reduce it.

How about holding a coffee morning in the home. You could share the event with the local community. Put posters up in local schools, nursery's, shops, office buildings and invite people in for a cuppa and a chat. Contacting the local authority may know of someone who would benefit from coming along.

Talk to residents about the event before and decide what cakes and biscuits you are going to bake for the event. Maybe, some could help the chef with the baking.

