



NAPA
National Activity
Providers Association

Effective Planning for Activities

- Plan your day
- Have a plan for every resident
- Plan activities related to the likes and interests of those taking part
- Plan each activity to be implemented in a way that ensures the encouragement and use of the cognitive and physical strengths of those taking part but supports the cognitive and physical disabilities they may have
- Plan to be flexible, your daily plan may need to change
- Plan how you can include volunteers and relatives who want to be involved

