

### What do we mean by Meaningful Activity?

**Meaningful Activity** is not just about keeping busy for the sake of it. For an activity or interaction to be meaningful, it should tap into a 'need' or something of personal significance to the individual.

Providing meaningful or purposeful activity means engaging a person in a way that recognises them as an individual, their personal interests, their history and the fact that they still have a life to be lived to fullest that they are able.

### What are the 10 Core Activity Needs?

The National Activity Providers Association (NAPA) UK has identified **10 Core Activity Needs**.

While different areas will be of greater significance to some than others, care providers should endeavour to ensure that a variety of activities and opportunities for engagement are available to meet all of these needs.

The **10 Core Activity Needs** are:

- **Creative Needs** – e.g. craft, flower arranging, painting, music, drama
- **Cultural Needs** – e.g. culturally significant days, cultural food, slide shows
- **Esteem Needs** – e.g. beauty care, hairdressing, facials, complimentary therapies, charity, life story work, tasks that contribute to the running of the care home
- **Emotional Needs** – e.g. advocacy, reminiscence, relaxation, pet visits, befriending
- **Intellectual Needs** – e.g. discussions, news, jigsaws, debate
- **Learning/Development Needs** – e.g. new things, talking books, literature
- **Physical Needs** – e.g. movement to music, yoga, carpet bowls, walking
- **Sensory Needs** – e.g. smells, food based activities, massage, music, sensory baskets, textures
- **Social Needs** – e.g. sherry afternoon, coffee mornings, wine tasting, links with local clubs
- **Spiritual Needs** – e.g. visits from spiritual leaders, attending services, connecting with the outdoors

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