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8.6. Promoting valued activities

Knowledge

- An ability to draw on knowledge that a lack of regular ward activities can result in boredom, frustration and a focus on symptoms (e.g. low mood and anxiety), which can be a threat to individual wellbeing and the development of a therapeutic milieu
- An ability to draw on knowledge of the potential benefits of ward activities on wellbeing, a sense of social connectedness and physical health
- An ability to draw on knowledge of the importance of trying to maintain activities that the child/young person values, particularly those they engage in on a regular basis when in the community
- An ability to draw on knowledge of the adverse impact of:
 - being unable to maintain valued activities
 - losing contact with peers associated with these activities

Application

- An ability to help each young person (and where appropriate their parents/carers) identify activities that they value,
- An ability to identify whether and how valued activities can be maintained while on the ward, in the context of the resources available to the unit and the care plan for that child/young person, e.g.:
 - activities that can be carried out on the ward
 - activities that can only be accessed in the community, and for which leave might need to be arranged
- An ability to identify and contribute towards a programme of scheduled ward-based activities e.g.:
 - self-care and daily living skills
 - creative groups (e.g. art or music groups)
 - exercise groups
- An ability to offer children/young people choice over whether to participate in ward activities and to review this choice over the course of an admission (to reflect their changing needs)
- An ability to help the child/young person plan how they can generalise a programme of ward-based activities post-discharge, and:
 - an ability to help parents/carers become aware of the therapeutic benefits of planned and valued activities, and help the child/young person maintain these after discharge