

# Why is meaningful activity so important?



Meaningful activity is important to everyone



## What is meaningful activity?

Meaningful activity is any physical, social or leisure activity that is tailored to the needs and preferences of the individual.



## Why is meaningful activity important?

Meaningful activity is important to those who need care and support. It can help to:

- improve physical fitness
- improve mood and help to combat depression and anxiety
- improve the quality of sleep
- combat loneliness
- reduce falls
- reduce joint pain

Meaningful activity is important to staff. It can help to:

- promote greater staff engagement
- improve job satisfaction
- improve staff morale

Physical Healthy  
Positive Mental  
Making a difference  
Independence  
Wellbeing  
Engaged  
Happy

## Considering meaningful activity and the key lines of enquiry

	<b>Safe</b>	How do you make sure there is the right mix of skills, competencies, qualifications, experience and knowledge, to meet people's individual needs?
	<b>Effective</b>	How do you work together collaboratively to ensure activity provision truly supports the individuals emotional and physical wellbeing?
	<b>Caring</b>	How can you use meaningful activity to show kindness, compassion and emotional support?
	<b>Responsive</b>	How do you make sure you understand what is important to an individual to ensure physical, emotional and social needs are met?
	<b>Well-led</b>	Does your workplace culture help you to be innovative in creating meaningful activity for the individuals who need care and support?

Turn over for some simple ideas about how you can engage people in meaningful activity.

