Course Title: Creating a Meaningful Day	**Duration:** Full/Half day

Broad Aims: To give the learner knowledge on how to create a meaningful day using activities that are both low cost and easy to initiate within a Health and Social care environment.

Overview

This course has been designed with the individual in mind. It explores ways in which care staff can create an environment which is enthused with interest and enjoyment regardless of abilities.

The course looks at ways of stimulating the individual using low cost and easy to use ideas that help to maintain both physical and cognitive functioning.

Learning Outcomes: By the end of the day, learners will be able to:

- Define the term Meaningful Day
- Describe the reasons why people need stimulation
- Explain the importance of activity
- List the things to consider when planning activities in relation to people using the PAL assessment
- Describe the range of emotions that people with may feel when carrying out purposeful activity.
- List common activities that could create a meaningful day
- Discuss the barriers and solutions to creating a meaningful day