



# Activity Cards

# Activity Cards



## Start a conversation

Use these cards to spark conversations among staff, residents and visitors. These cards present changes that are relevant to residential aged care, retirement buildings and the family home. Each card asks you to think about ways you might support daily activities.

### How to use these cards

**Step 1** Gather as a team

**Step 2** Pick an activity card

**Step 3** Brainstorm how to make it work

### Dementia Training Australia (DTA)

is a nationwide workforce training organisation funded by the Commonwealth Department of Health and Aged Care. DTA's Environments Team runs programs for care staff, management, property and design professionals on creating supportive environments.

For more information, visit [dta.com.au/enviro-activity-cards-resources/](https://dta.com.au/enviro-activity-cards-resources/) or email [environments@dta.com.au](mailto:environments@dta.com.au)



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Contact us about  
tailored training  
for your team



Go to the Activity  
Cards webpage

# Activity Card 1

## Open a door and go outside

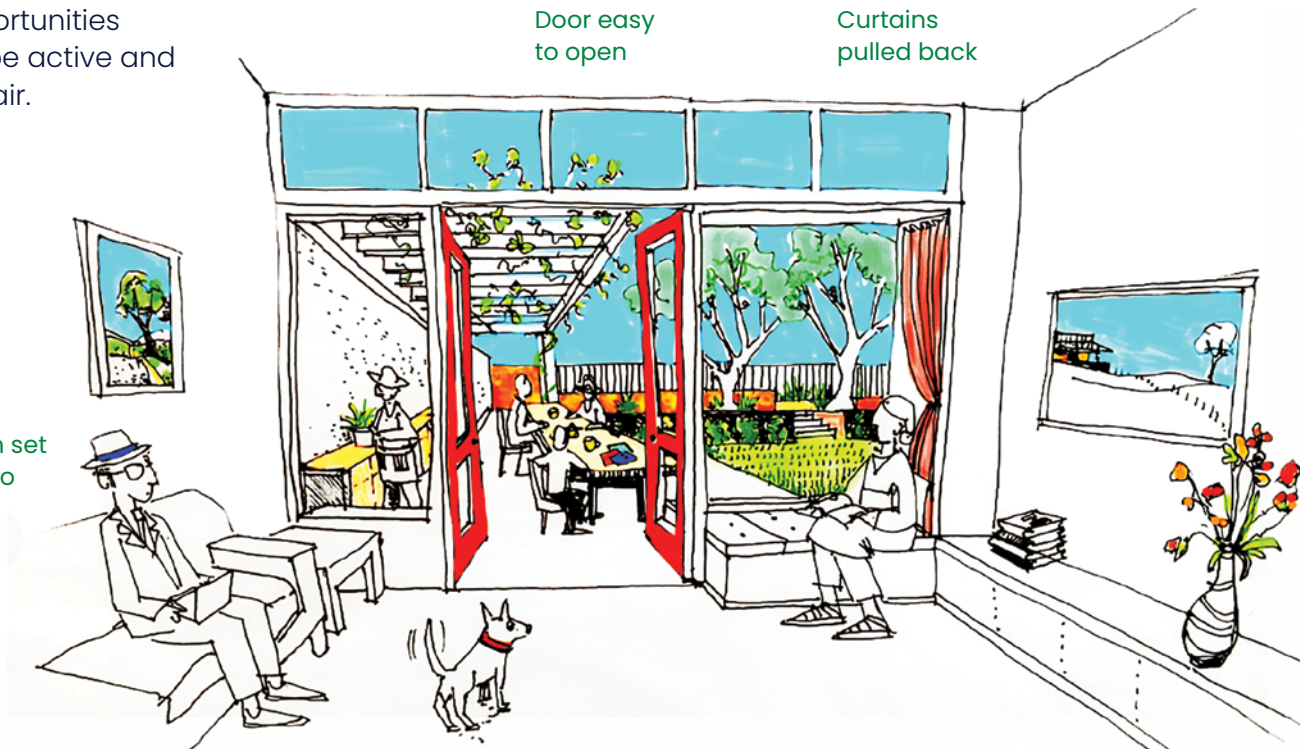
Encourage opportunities  
to get outside, be active and  
enjoy the fresh air.

Door easy  
to open

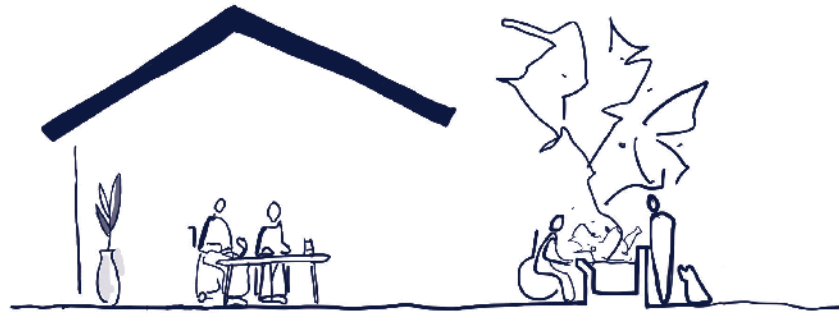
Curtains  
pulled back

View of the garden set  
up with things to do

Somewhere to sit  
near the door



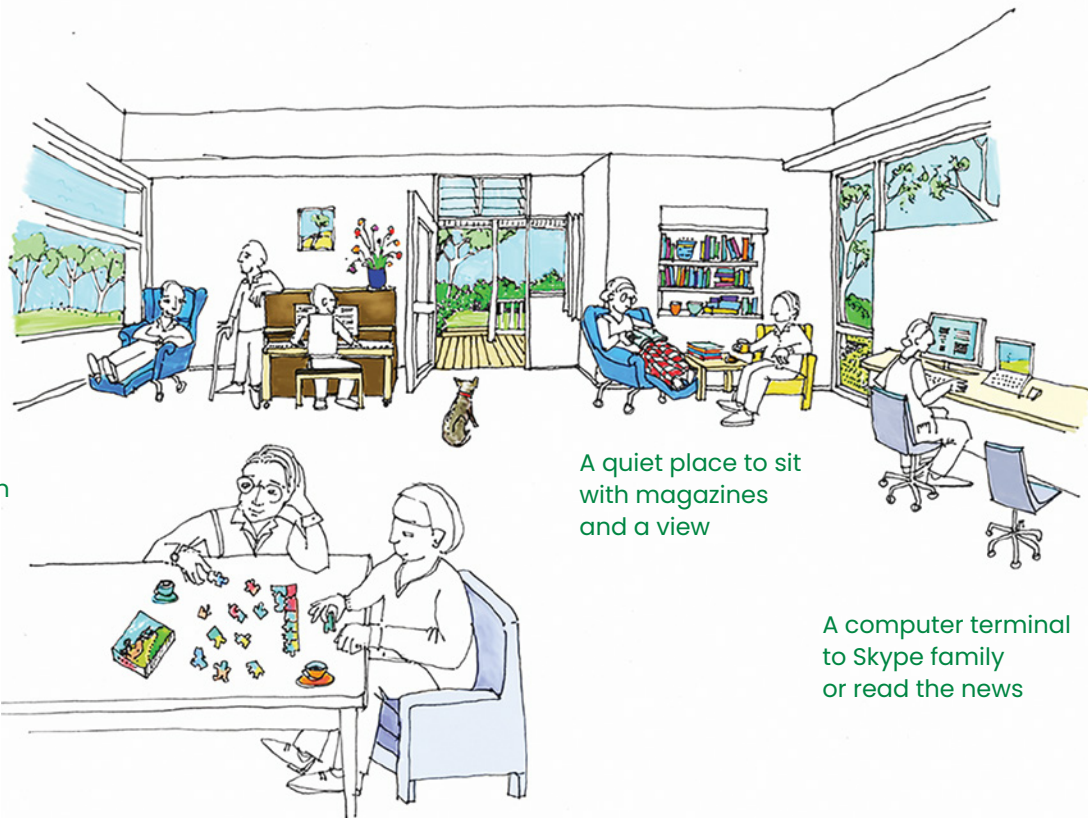
# Activity Cards



## Activity Card 2

### Set up a range of stimulating activities around a room.

Create 'invitations' or prompts for people to take part in activities around a room.



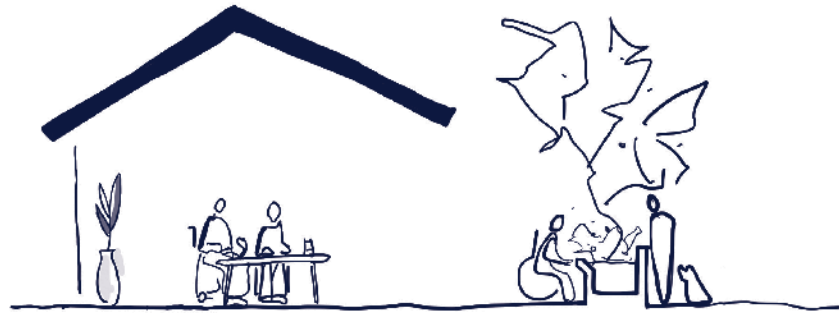
Somewhere to sit next to a piano with a view of the garden

A jigsaw puzzle on a table

A quiet place to sit with magazines and a view

A computer terminal to Skype family or read the news

# Activity Cards

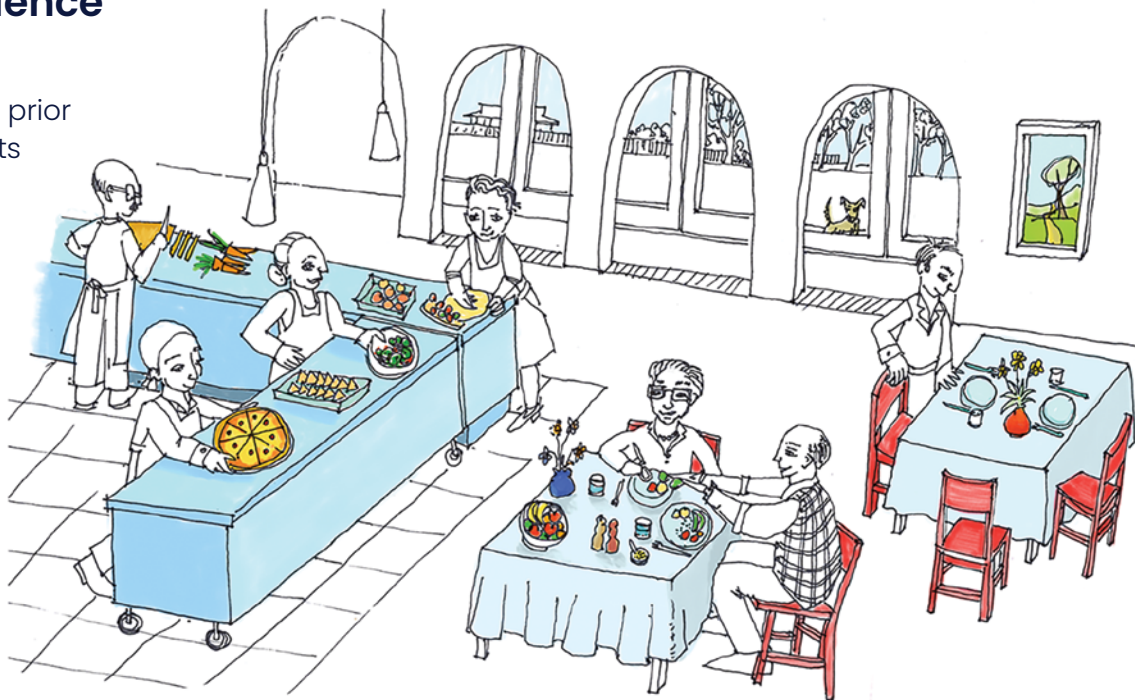




## Activity Card 3

### Make lunchtime a richer experience

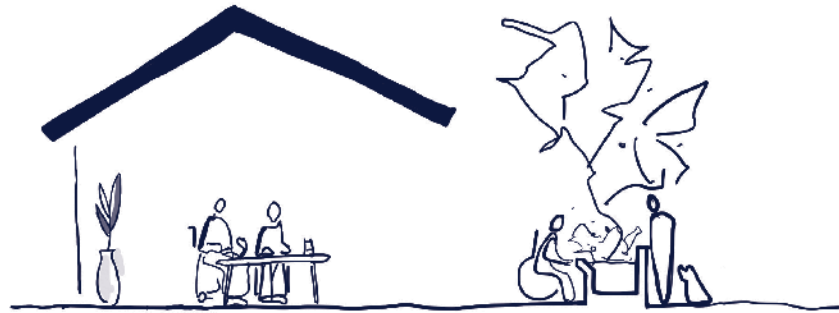
Ensure some food preparation is visible prior to a meal so residents can see, hear and smell it.



Place a bowl of fruit or a bread basket on a table so that residents can help themselves or be assisted

Set up tables with tablecloths, salt and pepper shakers and decorations

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## Activity Card 4

### Create an outing within a home

Program a weekly morning tea in a pop-up garden cafe to which residents can take friends

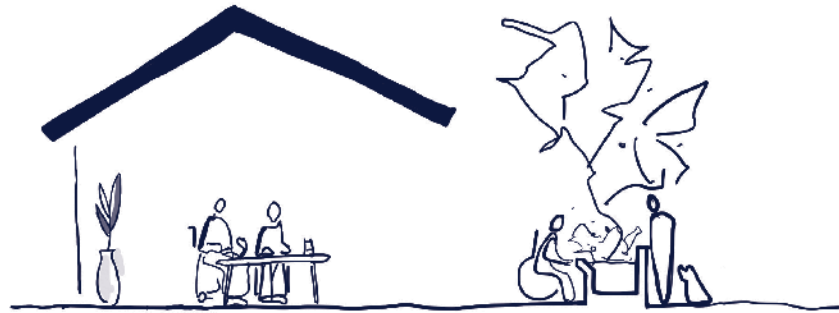
Make it look like a real cafe, provide good coffee and cake and be staffed by someone not wearing a uniform

Invite family, friends and other visitors to come and take part

Provide shaded seating that is accessible, easy to use and offers magazines, board games or other activities



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## Activity Card 5

### Make outdoor places familiar



Offer residents a variety of opportunities to engage with others or sit quietly by themselves.

Establish garden areas that offer a variety of familiar experiences for people to enjoy

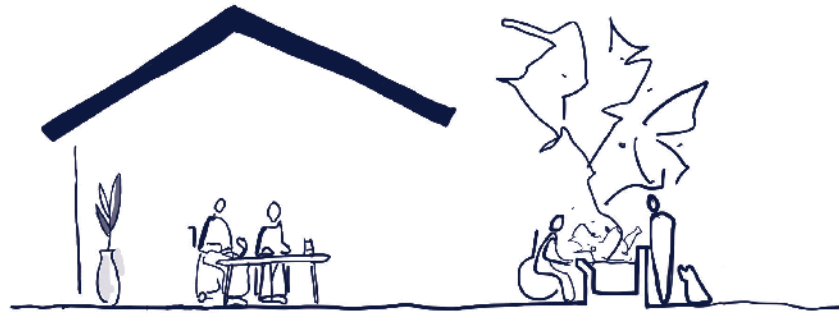
Place seating with a view of something interesting

Involve family and friends in everyday activities

Provide familiar sights,  
sounds and smells



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## Activity Card 6

### Assist residents in finding their bedroom

Encourage residents to personalise their bedroom and the areas around their bedroom door.

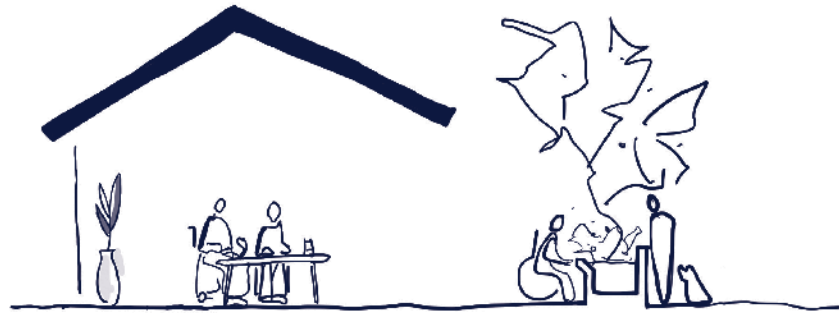
A variety of colours and materials help make it more domestic

Room identification is clear and meaningful to a resident

Create unobstructed sight between a bedroom and living rooms



# Activity Cards



## Activity Card 7

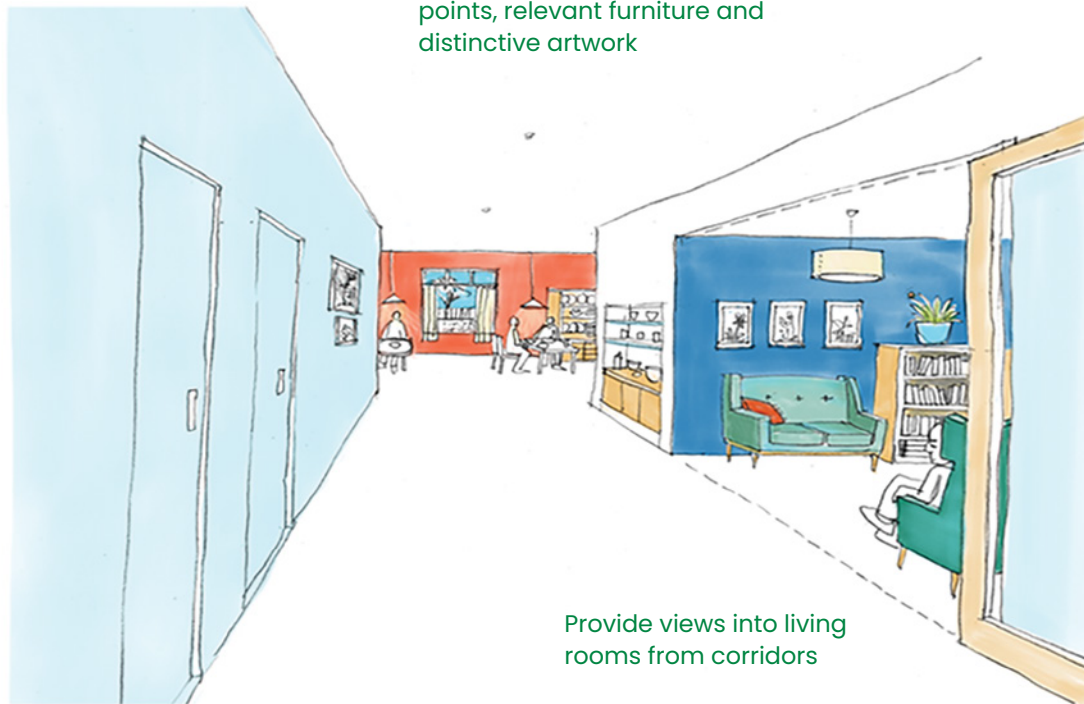
### Help residents see where they can go

Ensure living rooms and kitchens are visible and recognisable to a resident as they step out of their bedroom.

Paint staff only doors the same colour as the surrounding wall

Remove clutter and institutional signs

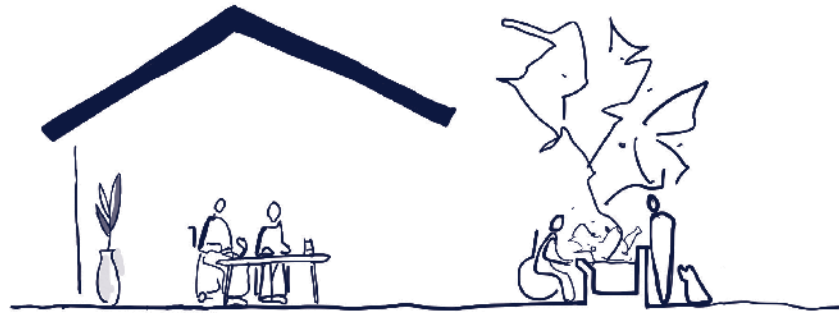
Provide views of destination points, relevant furniture and distinctive artwork



Provide views into living rooms from corridors



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## Activity Card 8

### Make bathrooms work better for residents

Help residents create a bathroom that reflects individual likes and needs.

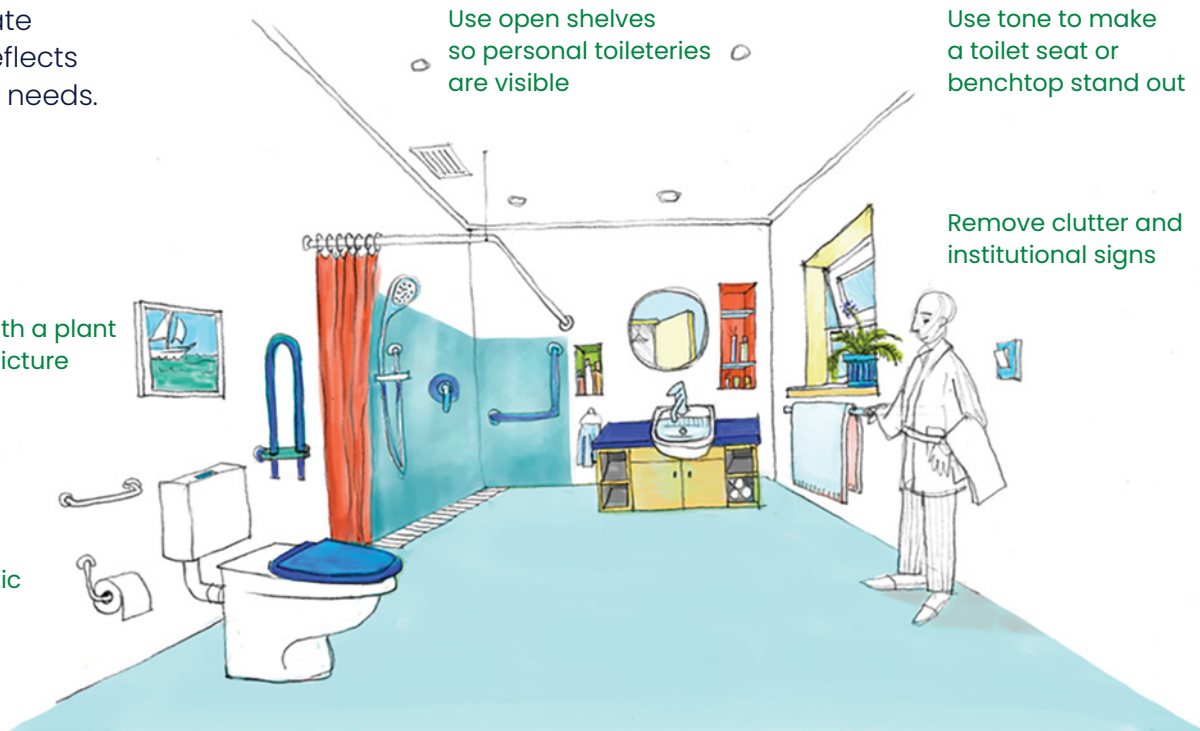
Decorate with a plant or framed picture

Use domestic fittings

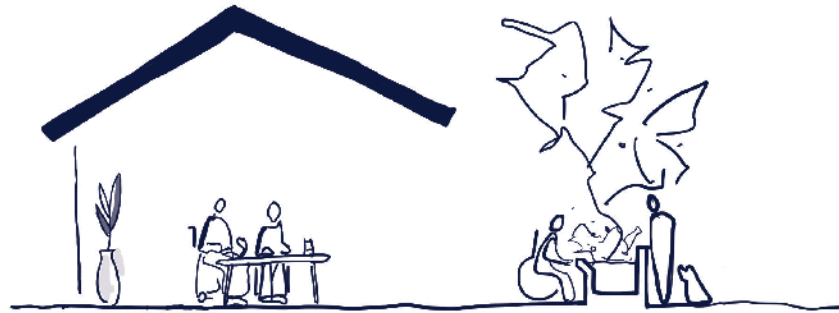
Use open shelves so personal toileteries are visible

Use tone to make a toilet seat or benchtop stand out

Remove clutter and institutional signs



# Activity Cards



## Activity Card 9

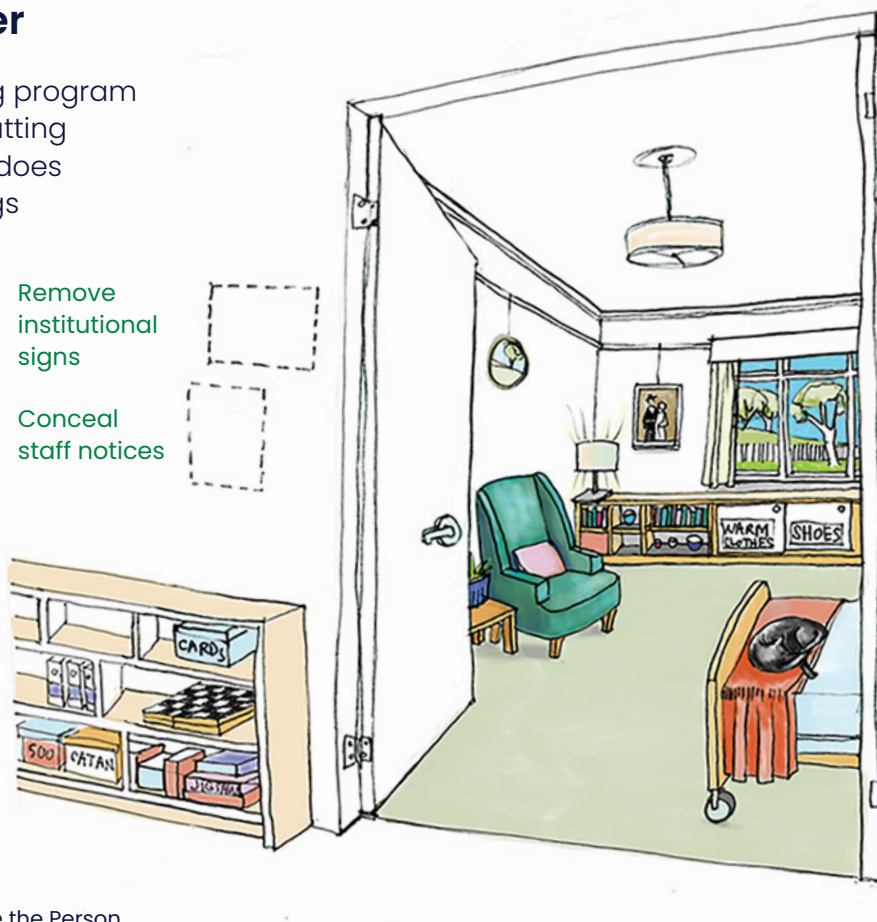
### Remove clutter

Set up a decluttering program that involves staff putting away anything that does not look like it belongs in someone's home.

Remove institutional signs

Conceal staff notices

Encourage only items that will be used by residents to be left in shared spaces



Dementia  
Training  
Australia

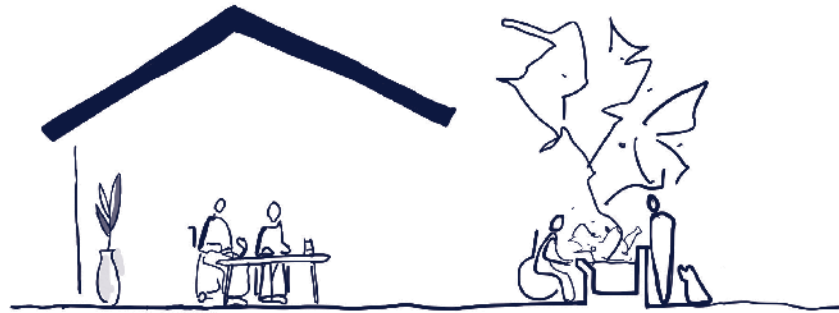
Ensure signage is recognisable, relevant and easy to read



Use photos as room identifiers

Put unused clinical equipment in store rooms

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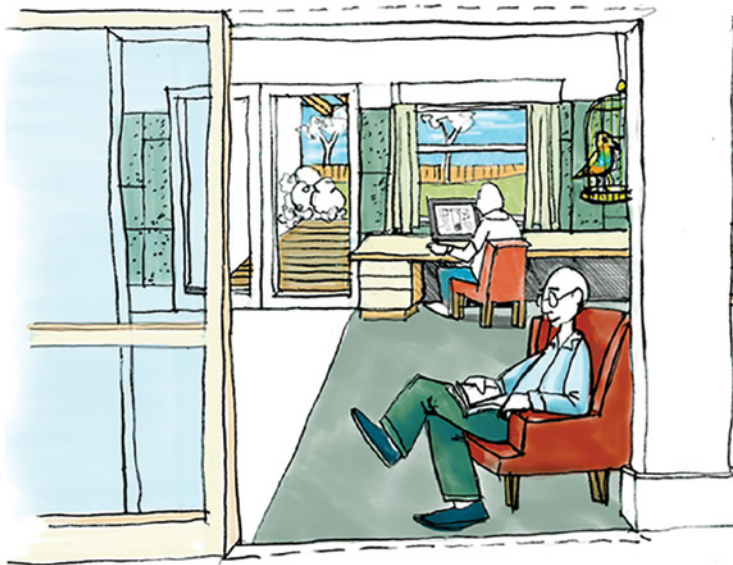


## Activity Card 10

### Remove noise

Establish separate areas for loud activities (such as communal television viewing) and quieter small group gatherings.

This room is set up for small groups or sitting alone

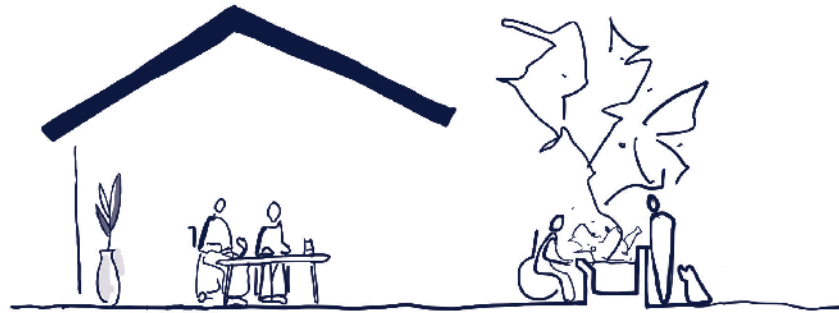


This room is set up for TVs and noisy activities



Limit back-of-house noise and deliveries passing through resident areas

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## Activity Card 11

### Increase light levels

Use more light and control glare in order to help residents' orientation, awareness and function.

Daylight in corridors to minimise artificial lighting during the day

Higher level of general lighting with dimmer control for night time



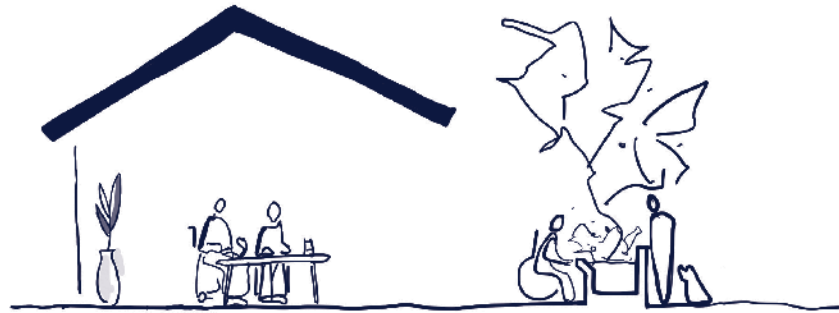
Task lighting for reading, cooking and other activities

Light fittings and shade diffuse light

Avoid highly reflective surfaces

Avoid down lighting that shines directly into a person's eyes or casts shadows

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## Activity Card 12

### Increase tonal contrast

Use tonal contrast between walls, floors and objects to help people see objects and find their way around rooms and gardens.

Ensure edges of outdoor paths are well contrasted

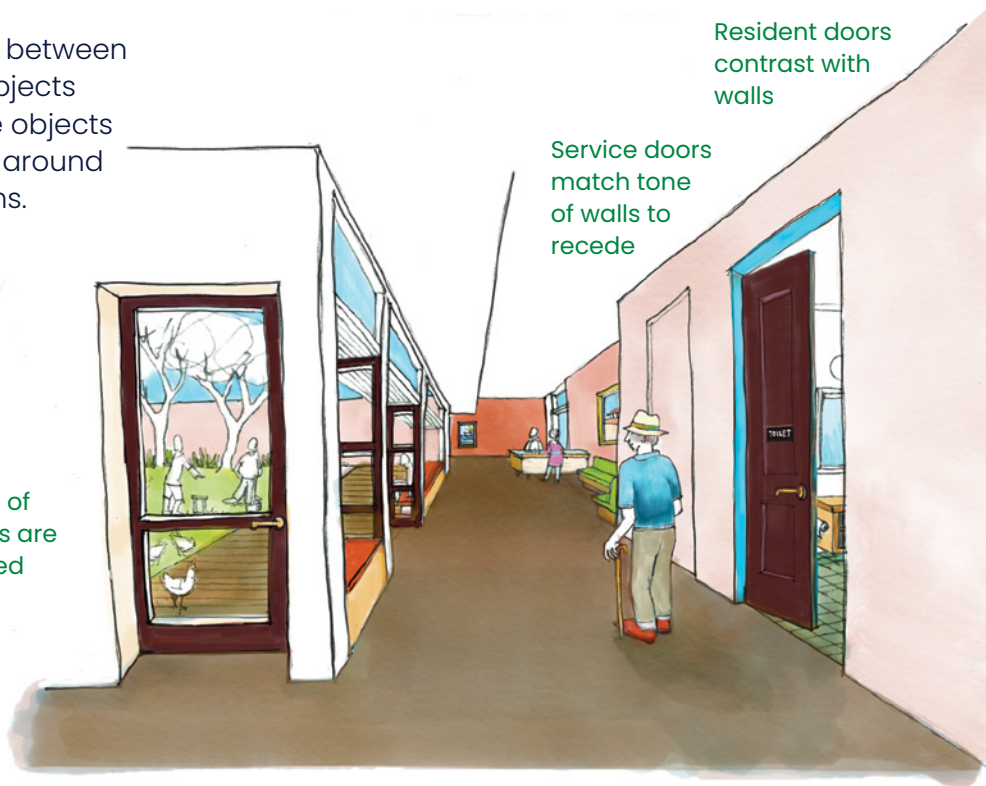
Avoid contrasting or heavily patterned door mats or rugs

Resident doors contrast with walls

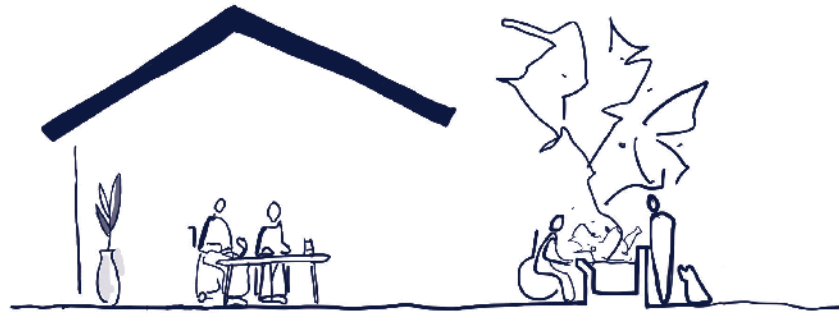
Service doors match tone of walls to recede

Wall finish tone contrasts with flooring

A consistent tone along a pathway continuing into bedrooms and outside



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## Activity Card 13

### Remove obstacles from paths

Provide clear visibility of garden paths, seating and places to go to encourage residents, visitors and staff to go outside.

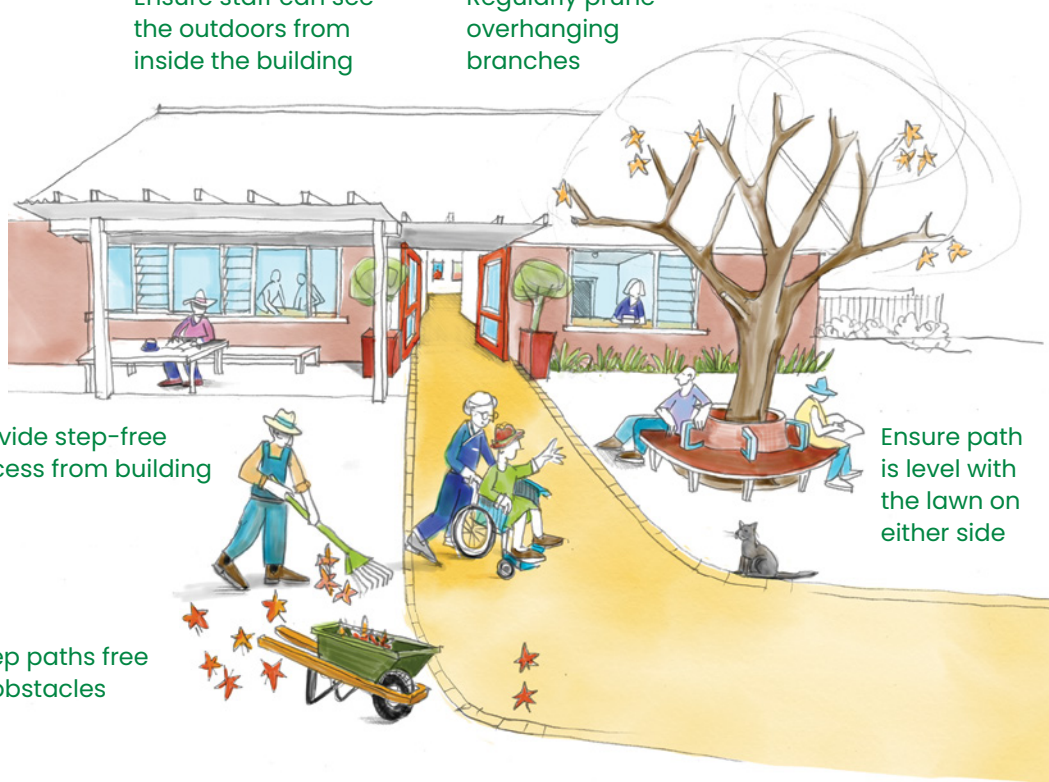
Ensure staff can see the outdoors from inside the building

Regularly prune overhanging branches

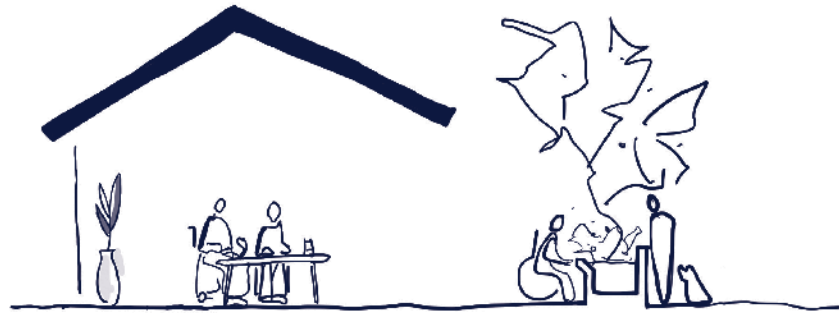
Provide step-free access from building

Ensure path is level with the lawn on either side

Keep paths free of obstacles



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## Activity Card 14

### Encourage residents to get snacks

Enable residents to participate in daily life by cooking, serving or watching food being prepared.

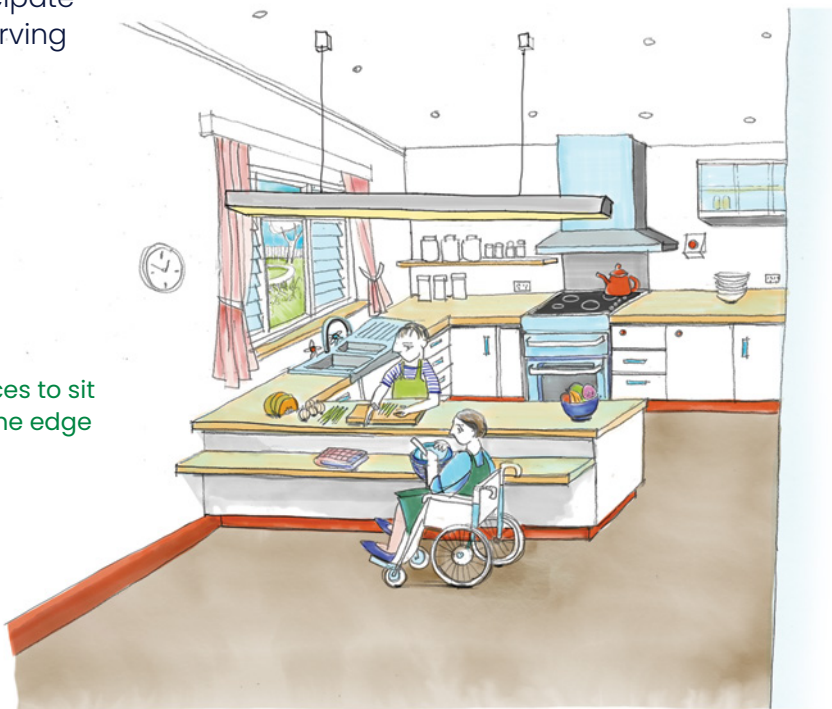
Good visibility  
into a kitchen

Places to sit  
at the edge

Conceal a master  
switch to turn off  
stoves

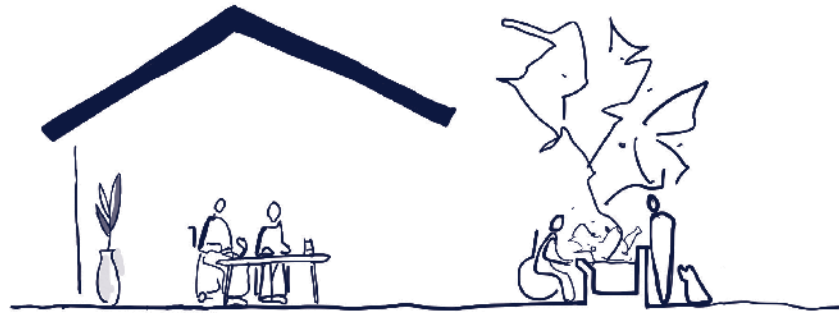
Contrast bench tops  
for visibility against  
floor and cupboards

No door blocking  
access into the  
kitchen





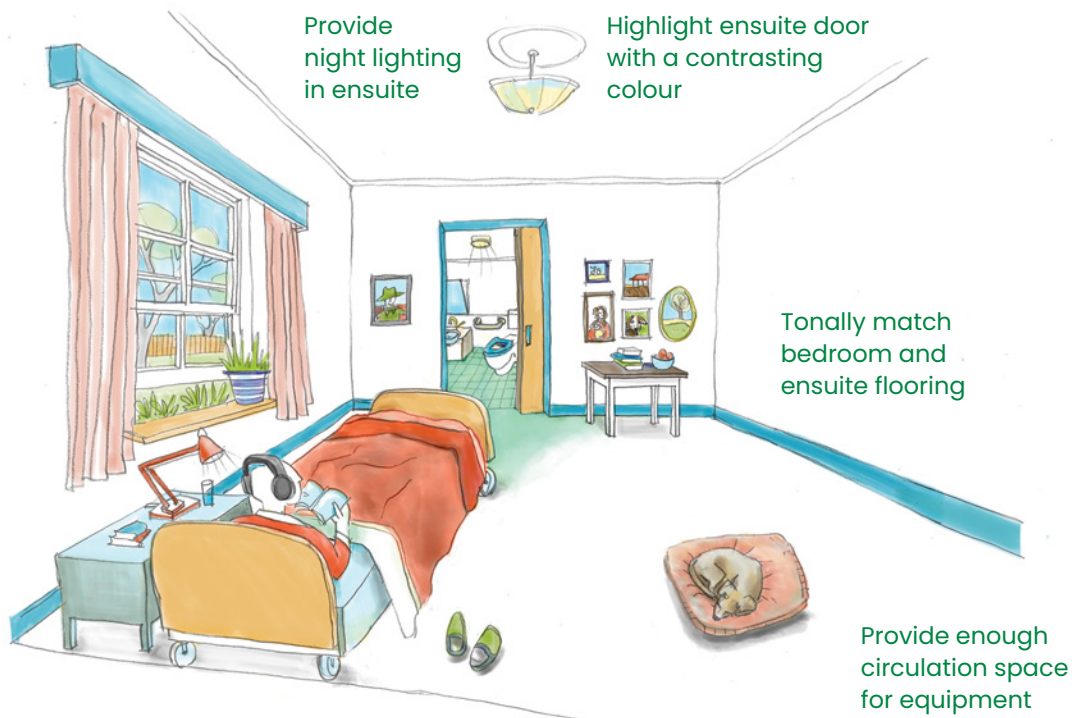
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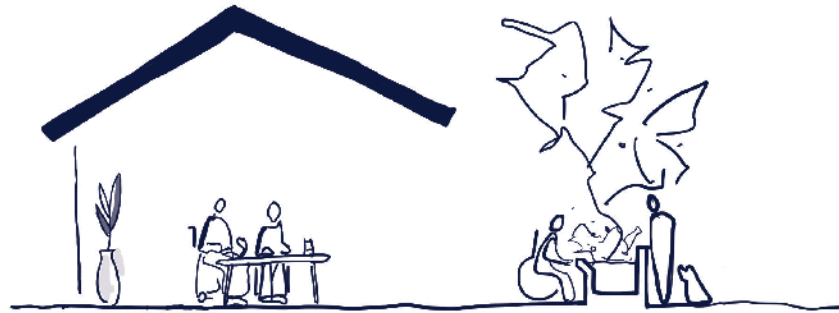
## Activity Card 15

### Boost resident use of ensuites

Ensure the toilet is visible and accessible.



# Activity Cards



## Activity Card 16

### Remove clutter from floors

Provide clear, consistent and level floors by removing obstacles.

Good contrast  
between wall/skirting  
board and floor



No contrasting  
entry mats

Address even minor  
changes of level

Match flooring tone between  
dining and lounge areas

Limited patterns  
in floor coverings

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