



# Environment Activity Cards – Series 1

## Ideas to spark conversation at work for life in COVID-19 times

These Environment Activity Cards aim to spark conversations among staff, residents and visitors about residential aged care and retirement buildings. What can each of us do to make a resident feel more comfortable in these places and spaces? Can we help someone personalise their bedroom? What makes it easier to find your way around?

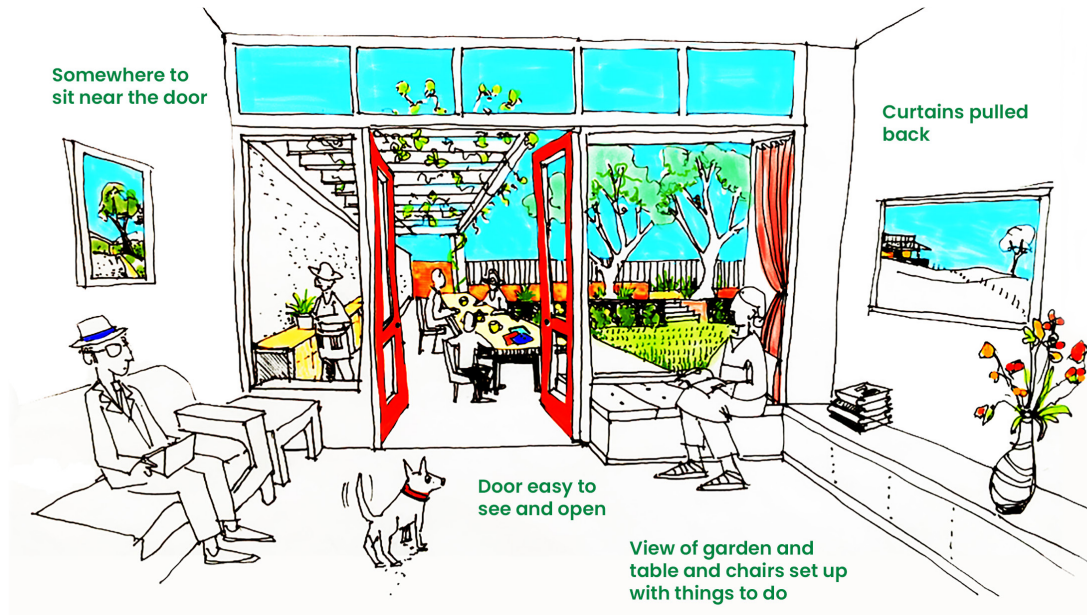
**Series 1 focuses on COVID-19 related challenges, such as the ability of residents to go out into the community and to maintain contact with visitors**

Each card suggests a single change you can make to improve residents' quality of life.

## Activity Card 1

Open a door and go outside

People need the opportunity to get outside, be active and enjoy the fresh air.



Design Principle 8 Supporting movement and engagement

Aged Care Quality Standard 5 Service environment

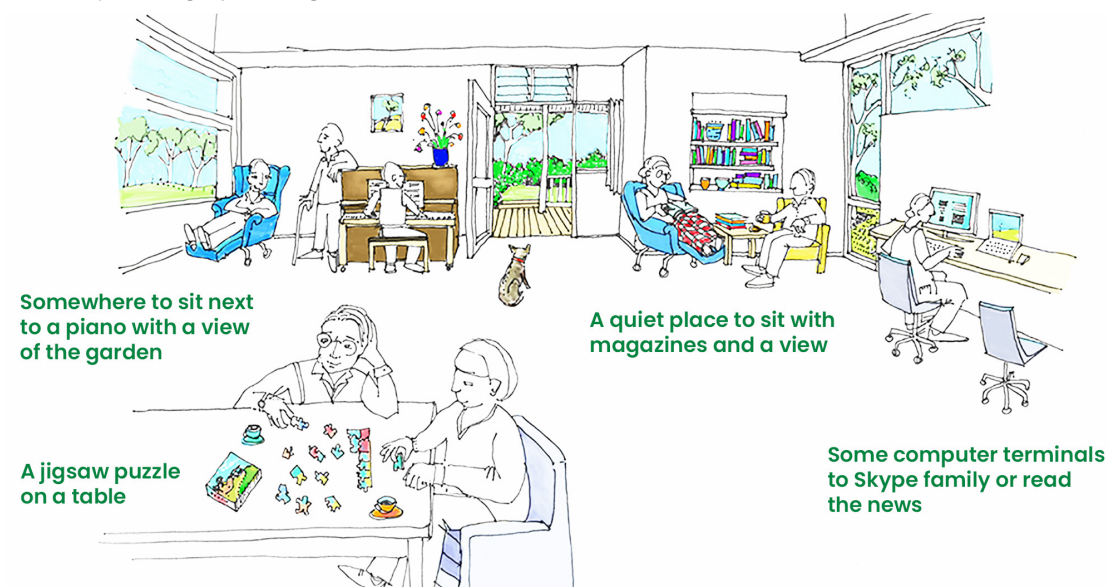
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## Activity Card 2

Set up a range of stimulating activities

Provide a series of “invitations” or prompts for people to take part in activities around a room by setting up a range of activities.



Design Principle 8 Supporting movement and engagement

Aged Care Quality Standard 5 Service environment

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## Activity Card 3

### Make Lunch into a Richer Experience

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



Design Principle 7 Create a Familiar Place

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## Activity Card 4

### Create an Outing within the Home

Provide a morning tea in a pop-up cafe in a garden to which residents from throughout a facility can take friends

The cafe needs to look like a real cafe, provide good coffee and cake and be staffed by someone who is 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 magazine, board games or other activities



Design Principle 10 Opportunities for Engagement with Ordinary Life

Aged Care Quality Standard 5 Service environment

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## About DTA's Environments Consultancy

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**The Creating Supportive Environments Online Course explores the themes in these cards in more detail.**

Course Trailer: [Watch](#). Course Information: [Learn more](#).

**Our award winning consultancy service can help you create a dementia-friendly environment.**

Discuss how to use an existing environment more effectively, plan a new facility or refurbish an existing one.

[Learn more](#).

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