

# ENHANCING WELLBEING: INTEGRATING MEANINGFUL LIFESTYLE ACTIVITIES INTO AGED CARE

A white paper published by ARIIA Knowledge and Implementation Hub

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## About this White Paper

This publication is an ARIIA White Paper and Research Report.

The ARIIA White Paper and Research Report provides researchers and policy makers with evidence-based data and recommendations summarising evidence to support the integration of meaningful activities into aged care.

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## Acknowledgement of Country

Flinders University was established on the lands of the Kurna nation, with the first University campus, Bedford Park, located on the ancestral body of Ngannu, near Warriparinga.

Warriparinga is a significant site in the complex and multi-layered Dreaming of the Kurna ancestor, Tjilbruke. For the Kurna nation, Tjilbruke was a keeper of the fire and a peace maker/law maker.

Tjilbruke is part of the living culture and traditions of the Kurna people. His spirit lives in the Land and Waters, in the Kurna people and in the glossy ibis (known as Tjilbruke for the Kurna). Through Tjilbruke, the Kurna people continue their creative relationship with their Country, its spirituality, and its stories.

Flinders University acknowledges the Traditional Owners and Custodians, both past and present, of the various locations the University operates on, and recognises their continued relationship and responsibility to these Lands and waters.

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## About ARIIA

In response to the increasing age of the population, the Australian Government funded Aged Care Research & Industry Innovation Australia (ARIIA) in 2021 to build the capability and capacity of the aged care workforce to use evidence for improvements in quality of care.

A major part of this initiative is the Knowledge and Implementation Hub (KIH) which is charged with identifying and synthesizing the available evidence on a range of topics nominated by the sector as key priority areas. One of the key topics identified was 'Meaningful Lifestyle Activities.' Evidence informing the integration of meaningful lifestyle activities into the daily routines of older Australians is integral to the provision of aged care and sector reform.

ARIIA's intentions are to disseminate findings using formats and resources that the aged care workforce can understand and use to provide effective evidence-based practice.

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## Acronyms

**ARIIA-** Aged Care Research and Industry Innovation Australia

**KIH-** Knowledge and Implementation Hub (ARIIA)

**EAG-** Evidence Advisory Group

# 1. Executive Summary

For older people, meaningful lifestyle activities may include those they find enjoyable, are familiar with and align with their preferences and identity. As we age, engaging in meaningful and enjoyable activities becomes increasingly challenging due to changes in functionality and reduced social networks. Research indicates that participation in meaningful social and physical activities can reduce the risk of depression, social isolation, and functional decline, thereby improving the quality of life for older adults. Despite these benefits, many older individuals remain inactive, particularly those living in aged care facilities.

**Objective:** This research aims to understand how evidence-based recommendations can support the practical integration of meaningful lifestyle activities into aged care.

**Methods:** A rapid literature review was conducted, identifying 19 systematic reviews that explored meaningful lifestyle activities in residential and community aged care settings. The reviews included diverse populations and interventions, highlighting common features of meaningful activities.

**Results:** The findings indicate that meaningful activities are person-centred, diverse, enjoyable, and engaging. These activities should be delivered by a skilled workforce and supported by an environment conducive to participation.

Meaningful activities should be:

- Person-centred
- Diverse and Engaging
- Delivered by a skilled Workforce
- Provided in an appropriate Environment

**Conclusions:** While the evidence supports the benefits of meaningful activities, practical implementation in aged care is complex and requires investment in training, staff, and resources. A holistic approach that values individual uniqueness is essential to fostering independence, dignity, and happiness through meaningful engagement.

**Practical recommendations include:**

- Developing personalized activity plans based on individual assessments
- Offering a diverse range of activities that are culturally relevant and engaging.
- Investing in training and retaining a skilled workforce.
- Adapting the environment to support participation in meaningful activities.

Further research is needed to fully understand how to identify and embed meaningful activities in aged care. Providers should consider the recurring features identified to support older adults in engaging in activities they find enjoyable and meaningful.

## 2. Introduction

As we age, participating in activities we enjoy becomes more difficult, as our social networks change and reduce post-retirement. Older people who engage in meaningful social and physical activities have a reduced risk of depression, social isolation, functional decline and often enjoy a better quality of life. <sup>1</sup> Despite this, many older individuals living in their own homes or in residential aged care spend a significant portion of their time alone and sedentary. <sup>2,3</sup> Meaningful lifestyle activities are considered to be enjoyable and engaging activities that benefit the emotional wellbeing, cognitive status, and physical functioning of older adults. <sup>4</sup> Yet, identifying what constitutes as a 'meaningful' activity, varies from person to person, and is often dependent on personalities, preferences as well as and individuals past, present, and intended future. <sup>5</sup>

Residential aged care facilities provide lists of the activities they offer to entice residents, such as gardening, bingo, and music. The difficulty is one activity will not appeal to all and identifying activities meaningful to an individual takes time. This may be particularly difficult for older adults with declining cognition and hearing. Understandably, deciphering meaningful activities is a low priority for aged care workers considering they are already under extreme time pressures to support clients with practical tasks such as personal hygiene and dressing. <sup>6</sup> On occasion, activities identified as meaningful may be considered unsafe, and adapting these activities to an individual's capabilities increases workload.

### 3. Methods

Providing opportunities for older adults to participate in activities they consider meaningful is important to support ongoing independence, dignity, maintenance of good health, wellbeing, quality of life, and increase feelings of happiness.<sup>7-10</sup> To understand the evidence landscape we performed a rapid scope of the literature following the guidelines of Arksey and O'Malley.<sup>11</sup> This review was registered with the Open Science Framework [osf.io/kwbuy](https://osf.io/kwbuy)

#### Search strategy

Six major databases were searched for systematic reviews, with an extensive range of search terms used describing meaningful lifestyle activities, in the context of aged care (including home-based, transition, and residential settings). Search terms used for Medline are provided in Appendix 1. The databases searched were: CINAHL (EBSCOhost), Medline (Ovid), PsycInfo, SCOPUS, EMBASE and IBSS.

#### Inclusion criteria

All articles found from the search were reviewed by two reviewers independently. Studies were included if they:

- Reported meaningful lifestyle activities in the context of aged care
- Were published in the English language between October 2012 and 2022
- Documented their processes for reducing bias, including a comprehensive and replicable search strategy and a formal critical appraisal of their included studies.

Reviews that recruited aged care workers, informal carers, and allied health professionals working in aged care were included. Protocol reviews and reviews reporting on meaningful lifestyle activities outside of aged care settings were excluded.

All citations were collated and saved in EndNote v20 (Clarivate Analytics, PA, USA) and duplicates removed. Screening and selection were undertaken by two independent reviewers using Covidence.



## 4. Results

We identified 19 systematic reviews that considered meaningful lifestyle activities in aged care delivery (Figure 1). The reviews discussed the importance of meaningful human engagement and social inclusion in aged care services; however, the nature of the evidence was heterogenous across populations and interventions. This made summarising results difficult and generalising findings to the wider population somewhat impossible. Instead, we sought to determine how the evidence informed recommendations and practical integration of meaningful lifestyle activities into aged care delivery, to guide daily care and support the wellbeing and quality of life for older people. Practical recommendations from the included reviews are summarised in Table 1 and referenced provided in Appendix 1.

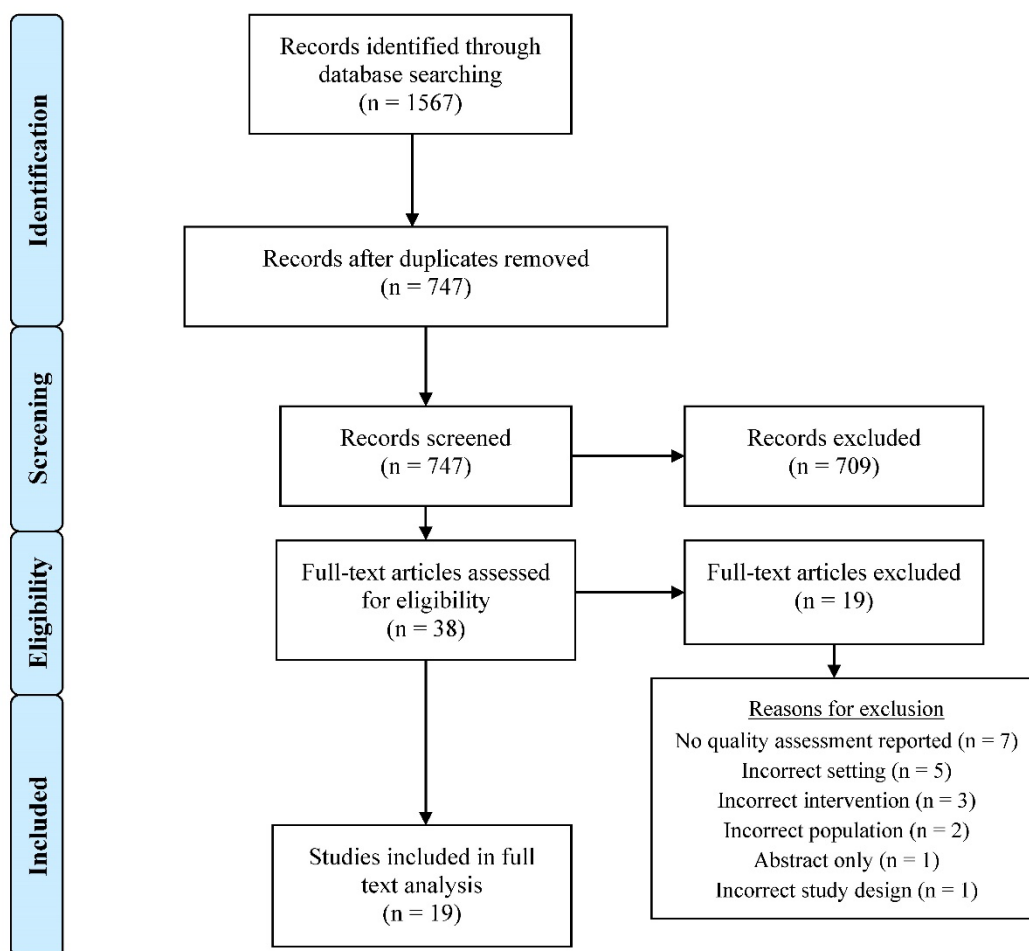


Figure 1- PRISMA of included studies

**Table 1- Summary of practical recommendations for aged care delivery**

<b>Title, author(s) (Year)</b>	<b>Practical implications/recommendations</b>
Loneliness among older adults living in aged residential care in Aotearoa New Zealand and Australia: An integrative review <i>Chen et al. (2022)</i>	Increasing meaningful human engagement and social inclusion should be a priority for Aotearoa New Zealand and Australian aged care services. Delivery of person-centred care, which includes spending meaningful time with residents, should be explicit in staff job descriptions in residential aged care.
Key Stakeholders' Experiences and Perceptions of Virtual Reality for Older Adults Living with Dementia: Systematic Review and Thematic Synthesis <i>Flynn et al. (2022)</i>	Virtual reality (VR) can be a positive experience for older adults living with dementia and can provide meaningful interactions, positive expressions, and long-term impacts on everyday functioning. However, it should be acknowledged that some negative associations must be accounted for before, during, and after use.
Maintaining meaningful activities for persons with dementia during transitions of care: A systematic review <i>Groenendaal et al. (2022)</i>	Transition care should focus on maintaining meaningful activities for PLWD during transitions to enhance wellbeing, quality of life and person-centred care. This can be achieved by carers continuously evaluating whether activities match the individuals' interests, abilities, preferences and needs during transitions by getting to know the person and obtaining their life story. Interdisciplinary collaboration in different healthcare settings including informal carers is advised. Further research into maintaining meaningful activities during transitions is required.
Dancing as a psychosocial intervention in care homes: A systematic review of the literature <i>Guzman-Garcia et al. (2013)</i>	Dancing was linked with positive mood, reduced stress, and diminished problematic behaviour and reduced agitation for PWD. The evidence in this area is small and so potential benefits of dance interventions inconclusive for physical and cognitive components. However, dance has the potential to increase social engagement for residents living in long term care
Perspectives of People with Dementia About Meaningful Activities: A synthesis <i>Han et al. (2016)</i>	Being connected is an important motivator for people with dementia to engage in activities. This synthesis found indicated that older PLWD want to engage in personally meaningful activities to be connected with self, with others, and with the environment. Caregivers should help PWD to continue engagement in personally meaningful activities by understanding the individuals want and need for engagement
Effects of non-facilitated meaningful activities for people with dementia in long-term care facilities: A systematic review	This systematic review notes the lack of evidence for non-facilitated meaningful activities for PLWD in long-term care facilities, as meaningful activity interventions are often facilitated by nursing or care staff. Non-facilitated meaningful activities provide a means for care staff to manage behavioural issues and improve the quality of

<p><i>Jones et al. (2020)</i></p>	<p>life for PLWD living in long-term care facilities. Meaningful activities including, music, stimulated family presence, animal like social robots and lifelike dolls may be beneficial</p>
<p>Experiences of healthcare staff in managing responsive behaviour of people with dementia in residential care facilities: a qualitative literature review</p>	<p>Making people feel at home through various dementia-specific activities and comfortable environment was considered therapeutic by healthcare staff. Activity co-ordinators and individualised activity programmes were identified as good interventions to support and stimulate people with dementia. Collaboration between activity co-ordinators and residents' care plans were seen important to ensure person centred care delivery. Training staff as carers and activity personnel was seen as a strategy to ensure skilled staff were available. However, staff explained it was difficult to engage with people who had no interests or specific hobbies.</p>
<p><i>Joy et al. (2023)</i></p>	<p>It was important that residents were able to participate in activities, but more importantly that they were able to continue to be themselves and participate in activities that were meaningful to them. For activities to be meaningful they need to be tailored to the individual, their interests, and preferences. Meaningful activities appeared to be based on the individual's values and beliefs and reinforced a sense of identity built on past experiences. Activities that allowed individuals to learn a new skill and keep in touch with others were also deemed meaningful.</p>
<p>Experiences related to quality of life in people with dementia living in institutional settings a meta-aggregation</p>	<p>It was important that residents were able to participate in activities, but more importantly that they were able to continue to be themselves and participate in activities that were meaningful to them. For activities to be meaningful they need to be tailored to the individual, their interests, and preferences. Meaningful activities appeared to be based on the individual's values and beliefs and reinforced a sense of identity built on past experiences. Activities that allowed individuals to learn a new skill and keep in touch with others were also deemed meaningful.</p>
<p><i>Kristensen et al. (2020)</i></p>	<p>Intergenerational engagement improved wellbeing in older adults residing in nursing homes. However, findings report on small scale single site pilot studies, the long-term effects of such programmes remain unknown.</p>
<p>The delivery of intergenerational programmes in the nursing home setting and impact on adolescents and older adults: A mixed studies systematic review</p>	<p>Intergenerational engagement improved wellbeing in older adults residing in nursing homes. However, findings report on small scale single site pilot studies, the long-term effects of such programmes remain unknown.</p>
<p><i>Laging et al. (2022)</i></p>	<p>Access to culturally meaningful activities was more likely in aged care facilities specifically designed for migrants with dementia. Findings suggest that residential care considerations must extend beyond cultural issues of language and consider how occupations and activities can be tailored to support ongoing meaningful participation and engagement</p>
<p>Barriers and facilitators of meaningful engagement among older migrants living with dementia in residential aged care facilities: A mixed studies systematic review</p>	<p>Access to culturally meaningful activities was more likely in aged care facilities specifically designed for migrants with dementia. Findings suggest that residential care considerations must extend beyond cultural issues of language and consider how occupations and activities can be tailored to support ongoing meaningful participation and engagement</p>
<p><i>McGrath et al. (2022)</i></p>	<p>Personally tailored activities were found to slightly reduce agitation for PLWD, however, had little to no effect on quality of life. No evidence was found to suggest that interventions using specific theoretical models were more likely to be effective. Further research is needed to support the selection of appropriate meaningful activities for people with different stages of dementia.</p>
<p>Personally tailored activities for improving psychosocial outcomes for people with dementia in long-term care</p>	<p>Personally tailored activities were found to slightly reduce agitation for PLWD, however, had little to no effect on quality of life. No evidence was found to suggest that interventions using specific theoretical models were more likely to be effective. Further research is needed to support the selection of appropriate meaningful activities for people with different stages of dementia.</p>
<p><i>Mohler et al. (2023)</i></p>	<p>Staff suggest that people with dementia are sometimes excluded from participating in meaningful activities that might be useful to manage behaviour due to staffing levels and financial constraints. Person focused support should be incorporated into person-centred care plans to provide residents with meaningful activities. Staff should be trained and supported to implement sustainable non-</p>
<p>Strategies used by care home staff to manage behaviour that challenges in dementia: A systematic review of qualitative studies</p>	<p>Staff suggest that people with dementia are sometimes excluded from participating in meaningful activities that might be useful to manage behaviour due to staffing levels and financial constraints. Person focused support should be incorporated into person-centred care plans to provide residents with meaningful activities. Staff should be trained and supported to implement sustainable non-</p>

<p><i>O'Donnell et al. (2022)</i></p>	<p>pharmacological strategies to manage behaviour in residents living with dementia.</p>
<p>What are the effects of animals on the health and wellbeing of residents in care homes? A systematic review of the qualitative and quantitative evidence <i>Orr et al. (2023)</i></p>	<p>The presence of animals can significantly impact the health and wellbeing of some care residents. Residents demonstrated meaningful relationships with animals and found pleasure and comfort from them. The presence of animals assisted some residents to maintain a sense of self and with support PLWD were able to express themselves. Supporting residents to interact with animals as a component of person-centred care may help residents to feel 'at home' in residential care facilities.</p>
<p>Enhancing Older Adults' Well-Being and Quality of Life Through Purposeful Activity: A Systematic Review of Intervention Studies <i>Owen et al. (2022)</i></p>	<p>Long-term care facilities should consider offering opportunities for residents to engage in voluntary and mentoring activities in addition to recreational activities. Making links between long-term care facilities and established community groups and third-sector organizations might be useful to identify appropriate roles for their residents. In addition, staff members and carers would be integral to identifying opportunities for volunteering in the community and addressing potential barriers to engagement</p>
<p>Occupational Therapy Interventions for the Improvement of the Quality of Life of Healthy Older Adults Living in Nursing Homes: A Systematic Review <i>Portillo et al. (2023)</i></p>	<p>This review found high level of evidence for interventions focussed on meaningful activities, either by adjusting the level of challenge according to an individuals abilities or by prioritising decision making. Programmes that were designed to increase personal causality, values and interests associated with meaningful activities were found to improve ADL performance and reduce pain for older adults living in residential aged care. For some this increased their subjective perception of quality of life and HRQoL.</p>
<p>Animal-assisted and robotic animal-assisted interventions within dementia care: A systematic review <i>Shoesmith et al. (2023)</i></p>	<p>Robotic animals and other animal-assisted interventions was found to be promising in improving psychological and behavioural outcomes (i.e. increased social interactive behaviour) with people living dementia. However, further research would provide clarity to the effectiveness of these interventions, considering the small number of trials conducted and the inability to conduct meta-analysis on a number of interventions. This is also applicable to identifying unanimous intervention specifications (i.e. mode of delivery, frequency) for these interventions.</p>
<p>Meta-ethnography of the purpose of meaningful occupation for people living with dementia <i>Strick et al. (2021)</i></p>	<p>Care staff and family carers perceptions around the purpose of meaningful occupation are often compromised by conflicting beliefs arising from concerns to balance safety with occupational rights. The framework developed (reported in this article) can be used to assist care staff to identify and support meaningful occupational opportunities for people living with dementia</p>

Effectiveness of meaningful occupation interventions for people living with dementia in residential aged care: a systematic review <i>Travers et al. (2016)</i>	Providing meaningful or individualised activities for PLWD residing in residential aged care may reduce behavioural and psychological symptoms of dementia and improve quality of life. However, further research is required to determine the effectiveness of meaningful occupations/activity interventions for people living with dementia in residential aged care is required.
Analysing the use of music to facilitate social interaction in care home residents with dementia: Narrative synthesis systematic review <i>Waters et al. (2022)</i>	Findings suggest that introducing music activities in care homes could benefit most residents (regardless of the severity of their dementia). Use of music could increase social activities and meaningful activities for residents living with dementia

(VR- Virtual reality, MMAT- Mixed methods appraisal tool, QoL- quality of life, PLWD- person living with dementia, (Joanna Briggs Institute Meta-Analysis of Statistics Assessment and Review Instrument (JBI-MASARI), Health related quality of life (HRQoL).

The published evidence reported a vast variety of activities, that could be meaningful to older people, including virtual reality (VR), dancing, music, art, animal interaction, intergenerational and cultural engagement. Despite the differences, activities frequently included social interaction and physical movement, yet they perhaps were not suitable for all aged care services, facilities and/or older people. The evidence does not indicate how to identify what constitutes a meaningful activity; however, some features were evident throughout. These included activities that were *person centred*, diverse, enjoyable and *engaging*, delivered by a *skilled workforce*, and supported by the surrounding *environment*.

## Person-centred

Embedding meaningful activities into daily routines is an important component of *person-centred care*, whereby personalised activity plans were useful to consider an individual, their personality, interests, life story, as well as their past, present and future interests.<sup>5</sup> Getting to know the person can be integrated into assessments and may be useful to promote older people to engage in activities they are interested in.

## Diverse, enjoyable, and engaging

Offering a *diverse range of activities* that are culturally relevant, intergenerational, include animals, music, art, and technology (in a thoughtful way) was related with finding meaning in activities. These activities should be enjoyable, engaging and act to support a persons' sense of identity and values.<sup>12</sup> Taking the time to understand a person's activities prior to receiving aged care can be useful to modify activities considering possible changes in mobility and cognition. Carers may need to employ a trial-and-error approach, by attempting multiple activities to determine which ones an individual enjoys and finds meaningful.

## Delivered by a skilled workforce

A *skilled workforce* is key to identifying meaningful activities for older people receiving aged care. Aged care service providers need to develop, train and retain qualified staff with the skills to deliver care effectively and support a diverse range of activities safely. Upskilling the workforce to be capable of activity and lifestyle coordinator roles was recommended as a possible approach to ensure that skilled staff are always available and older people are supported to participate in activities by and interdisciplinary team that knew their likes and dislikes.<sup>13</sup> This could potentially improve the quality of life for older people receiving aged care and provide opportunities for staff to develop their skills and improve workforce retention.

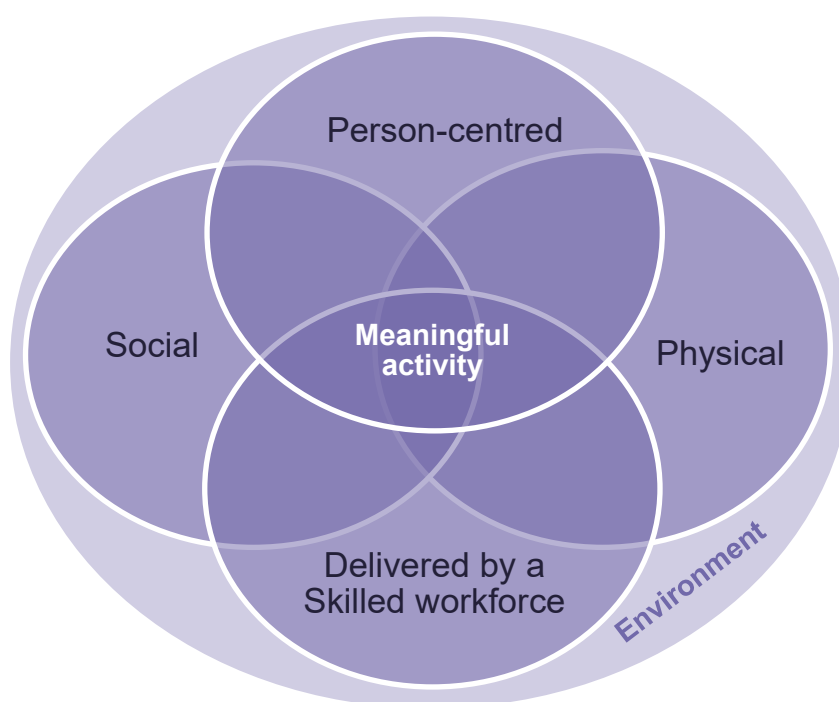
## Supported by the environment

Adapting the *environment*, to ensure that surroundings '*Feel like home*,' and are inclusive of older people with varying cognitive and physical abilities is important, as is consideration for access to the outdoors. Activities in nature can improve life satisfaction and meaningful social connection, yet often older people experience significant barriers to accessing garden spaces.<sup>8,9</sup> The evidence suggests that to provide meaningful lifestyle activities in aged care services, a range of resources are required including appropriate locations such as activity rooms, outdoor spaces, equipment such as art supplies, musical instruments, technology, games and gardening tools.

Community resources and collaboration can be useful to support activities outside of a care facility or an individual's home, however, financial resources are needed. The evidence suggests that care workers require regulatory support. Investment and support from management to prioritise and invest in meaningful activities could be helpful to improve aged care services and delivery however, this could take time and is depended on culture of residential aged care facilities and community care providers.

## Considerations for care

More evidence is required to fully understand how to identify and successfully embed meaningful activities into aged care services. However, providers and aged care workers may want to consider the reoccurring features identified (Figure 1) to support older people to participate in activities they find enjoyable and engaging. These prompts are available in an interactive checklist for use in care delivery (Appendix 3).



**Figure 1 Meaningful lifestyle considerations**

## 5. Discussion

While this rapid review of systematic reviews shows that there is an emerging evidence base on both the significance of meaningful lifestyle activities and approaches which show value, it has also reminded us of the complexity of implementing such activities in the aged care sector. Identifying activities deemed meaningful requires a nuanced understanding of the individual so that lifestyle activities resonate with the person. Person centred care is increasingly acknowledged as being critical to the provision of aged care services and this is also acknowledged with respect to the development of meaningful lifestyle activities. However, this also requires time and familiarity which must be acknowledged with work practices. While lifestyle coordinators will often take responsibility for the design of programs in residential aged care, they typically are designed for groups to facilitate activity and socialisation. For some residents, meaningful activities may need to be customised. In the home care context, considering activities which can support occupation and satisfaction within the home should be thought about as well as activities that encourage connection with others and the wider community.



## 6. Conclusion

Developing approaches that can support older people to continue to find meaning as they age relies on an aware and capable workforce and a culture that sees the older person as the reason for care. Education and training that values the unique history and context of each older person, an understanding of risk and autonomy within care provision, and promotes a positive workplace culture is needed.



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## 8. Appendices

### Appendix 1 Included review articles

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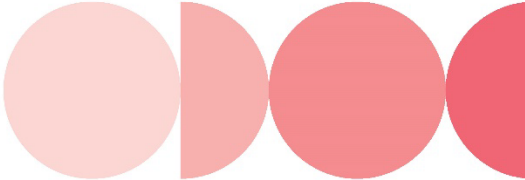
**Appendix 2** Ovid MEDLINE(R) search performed on the 10<sup>th</sup> of October 2022

1	Meaningful activit*.tw,kf.	1015
2	Meaningful lifestyle.tw,kf.	7
3	(Meaningful leisure or meaningful engagement or meaningful occupation* or meaningful recreational or meaningful physical or meaningful exercise* or meaningful quality of life or meaningful interaction* or meaningful opportunit* or meaningful intervention*).tw.	1382
4	(Meaning in life and activit*).tw.	110
5	((Individuali?ed or person center* or person centre* or personali?ed or tailored or preferred or purposeful or rewarding or engaging or enjoyable or significant or goal oriented or leisure or enlivening or stimulating or lifestyle or joyful or creative or art or social or intellectual or cognitive or spiritual or cultural or individual or group or planned or interactive or generative or intergenerational or strengths based or productive or nature based or outdoor or animal assisted or life stor* or life review or movement or music* or physical or autonom*) adj activit*).tw.	170722
6	(Social connect* or social participation or social contact or social prescri*).tw.	9877
7	(Activity need* or activity preference* or activity plan* or activity participation or activity personali?ation).tw.	3560
8	Meaningful.tw.	86195
9	5 or 6 or 7	181103
10	8 and 9	1929
11	1 or 2 or 3 or 4	2481
12	10 or 11	4126
13	systematic reviews as topic/ or meta-analysis as topic/ or Technology Assessment, Biomedical/ or Network Meta-Analysis/	42225
14	(systematic review or meta-analysis).pt.	287476
15	(systematic* adj3 (review* or overview*)).tw,kf.	284831
16	((umbrella or integrat* or evidence or rapid or meta or realist or scoping) adj3 (review* or overview*)).tw,kf.	200178
17	("overview of overviews" or "review of reviews").tw,kf.	797
18	((meta or evidence or realist or narrative or qualitative or quantitative or mixed methods or thematic) adj synthesis).tw,kf.	18695
19	(meta integration or meta analy* or metaanaly* or meta ethnograph* or technology assessment*).tw,kf.	258619
20	exp "Systematic Review"/	208958
21	or/13-20	522168
22	12 and 21	305
23	limit 22 to (english language and yr="2012 -Current")	279

### Appendix 3 Checklist: Integrating meaningful lifestyle activities into aged care



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## Checklist: Integrating meaningful lifestyle activities into aged care

Meaningful lifestyle activities are different for all individuals receiving aged care services. Taking the time to get to know the person is important to support them to engage in activities they will enjoy and can enhance their quality of life.

The following checklist will help you to consider the key components of activities for the people you care for:


Person-centred activities	What can you do?
<p>Can you plan or engage the person in activities tailored to their individual preferences, personality, and life history?</p> <div style="background-color: #fff3cd; padding: 5px; border-radius: 10px; margin-top: 10px;"> <i>Taking the time to get to know the person during your assessments will assist you to identify activities they might be interested in.</i> </div>	
Diverse, enjoyable and engaging activities	What can you do?
<p>Can you offer a diverse range of activities that are culturally relevant, intergenerational, and include animals, music, art, and technology?</p> <div style="background-color: #fff3cd; padding: 5px; border-radius: 10px; margin-top: 10px;"> <i>Trying a range of different activities might be useful to work out which activities an individual enjoys and finds meaningful.</i> </div>	
Skilled workforce	What can you do?
<p>Is training available to improve your skills to effectively support a diverse range of activities?</p> <div style="background-color: #fff3cd; padding: 5px; border-radius: 10px; margin-top: 10px;"> <i>Observe activity and lifestyle co-ordinators to see how they motivate people to engage in activities.</i> </div>	
Supportive environment	What can you do?
<p>Can you adapt the environment to ensure it feels like home? Can you enhance access to outdoor spaces and find appropriate locations and equipment for novel activities?</p> <div style="background-color: #fff3cd; padding: 5px; border-radius: 10px; margin-top: 10px;"> <i>You may find that some of the people you work with enjoy the same activity, bringing them together can help form social connections.</i> </div>	
Community resources and collaboration	What can you do?
<p>Are there ways of engaging with the community to participate in activities outside of a care facility or individuals' home?</p> <div style="background-color: #fff3cd; padding: 5px; border-radius: 10px; margin-top: 10px;"> <i>Trips and transport may require financial resources to support the engagement in meaningful community activities.</i> </div>	

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ARIIA was established as an independent, not-for-profit organisation, set up to lead the advancement of the aged care workforce capability by promoting and facilitating innovation and research to improve the quality of aged care for all Australians.



Aged Care Research & Industry Innovation Australia

[\(Interactive resource can be downloaded here\)](#)