

Activity – Baking bird food for the bird feeder

Ellie-May Atkinson



ACTION PLAN

Plan	Explanation
Planned activity	I am going to be making some bird feeders as this has aspects of baking and gardening as people in the care home may start to become bored so it is important that they keep busy otherwise they could start to get lonely as they wouldn't be able to see their families and friends which can be hard to explain to them. The bird feeders are going to be made with bird food, gelatine and peanut butter, this will also attract birds to the garden meaning that they will be able to watch the birds come in and out the garden and they may like seeing this and therefore they will be out in the garden or even looking through their windows and this will keep their minds busy at this difficult time, also they are quite easy to make therefore everyone should be able to get involved.
Location	I am going to be doing this in the kitchen as you will need to use kitchen resources such as bowls and spoons and they then need to be put into the fridge although we can take them into the garden and put the string through and hang them up in the garden once they are done.
Resources needed	<p>We are going to need</p> <ul style="list-style-type: none"> . peanut butter . bird food . string . straws . gelatine . shape cutters . fridge . spoons . bowl
Support needed	We can just do this with the residents and some of them may need some help mixing and putting the mixture into the shape cutters as the mixture is quite sticky and therefore can be quite difficult, they may also need help putting them up although we would put them in lower places so that the birds are closer to them and also so that they can reach to put them up so they feel more proud of their work, because we will be using no sharp things we will let them be as independent as they may like as they wouldn't be able to hurt themselves although we will give support when they need it.
Adaptations required	We will need to make a clear work space for them to work and make sure they is space for them to do this and lots of equipment, we will then need to make sure they is enough time for everyone so no one feels as if they are being left out as this could leave them being lonely so we may need to give the careers linger shifts to make sure everyone gets to do it, we will also then need to make sure that the surfaces are clean and the equipment is clean from person to person, we should also make sure the residents and the careers wash their hands before and after doing this to prevent any unwanted germs. We will need to take more time out the day to do this and make sure to be patient with the residents.

How will you;

Preserve dignity	<p>i will do this by going round each person to ensure that they get the help with they need as they may not what to ask for help as they may feel embarrassed so therefore they wouldn't need to ask for help as they would already get help as we will all go round to make sure everyone isn't struggling and understand what they have to do, when it's finished some people may be smaller than others and therefore we will put them in lower places so they are able to reach them. We will also do this in smaller groups at a time as then they can all get the help they need and can also have fun whilst doing it without worrying about everyone else, I will try to do this in groups I know which word friends and then they may feel less embarrassed if they can do it.</p>
Show respect for individuals	<p>I will do this by making sure that they all have the same amount of help and let them do what they thinks best and not give them too much help as this could embarrass them so although we will provide the things and tell them what to do we will then let them do what they think is best so that this prevents them from feeling embarrassed and they feel as if they are more comfortable doing activities, we would then hopefully let them ring their families or send their families pictures of what they have done so that they can feel proud of what they have done, they can then sit in the garden and watch the birds come and eat the bird feeders. We will let them make any shape which we have and make sure they feel proud of what they have done.</p>
Maintain Safety	<p>I will make sure they is enough staff for everyone so that they can all be watched when they are doing it and this will prevent people from hurting themselves, they will be no sharp objects included so this will make sure they don't hurt themselves and make sure that everyone has the right amount of ingredients in-front of them so that they aren't having to lean or move over each other, when putting these up we will make sure that if some of these people struggle to stand we will either put It up where they would like or make sure to be behind and in front of them so that we know they won't fall and hurt themselves.</p>
Take a person centred approach	<p>We will make sure that everyone has the right amount of things and everyone has the same things, we could also do this individually so that the residents will get one on one time with the staff and this will therefore leave them not embarrassed if they needed to ask for help as it would only be a resident and a career which they will feel more comfortable with, then once the bird feeders are done we will get the residents one by one and they can then put the string through them and put them up and they can put them where they want and again they can do it one on one and this will also give them time to talk to the careers and hopefully get closer to them leaving them less lonely and we could start to do little activities like this every week if they enjoyed it.</p>