

Creative activity



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A02 Unit 9 Creative Activities Creative activities in a care setting are vital for the service user's development, creative activities can enrich service user's lives whilst in care.

Creative Activities enrich the service user's life whilst they are in care. Creative activities should be adapted to fill the service user's needs and capabilities. Creative activities gives the service user the ability to express themselves in different way. Possibly giving them an outlet for inner emotions, the ability to be able to participate in creative activities develops the service user physical, intellectual, emotional and social needs. For the purpose of this essay I used Albdurny nursing home to use as an example . Albdurny carry out creative activities in their daily routine twice a day.

The activities organiser must insure that the creative activity meets the needs and capability of the service user. The organiser must also insure that the service user is given the choice and preferences to participate in the activities or not. The activities organiser at the nursing home provides art and crafts, knitting, gardening activities, group reading and discussing groups, poetry readings, musical entertainers, drawing and day trips out.

Needs and Preferences All activities must be adapted to the service user's capabilities and needs. For example if one of the residents was unable to walk and needed to be have the assistance of a wheel chair to gain mobility the activities organiser must adapt to this. If the organiser had planned to go out on a visit in the local community to the theatre. This would mean that the activities organiser would have to ensure that they could facilitate the resident's needs this would include insuring that the transport was suitable for instance insuring that the min bus has a ramp or a lift for wheel

chair access. Because some of the residents have dementias they may need to have more staff to help with maintaining the safety of the residents also with the resident using a wheel chair they will also need a care with them.

One way in which the activities organiser can find out the service users likes and dislikes is through their care plan. This will give the service user a rough outline of the service user's previous hobbies and interests and dislikes. For example, if the activities organiser reads a service user's care plan which explained that the service user used to enjoy horse riding and really had a passion for it but because of her medical conditions she was unable to carry on with her hobby. The activities organiser could then organise to take the service user to a horse sanctuary for the day. However, fulfilling one person's need and preferences may not suit another resident; therefore the organiser must ensure that there is an equal balance of the service user's need and preferences within the group. If a service user does not wish to participate in an activity, then they should be given the right to not take part; it would be unethical to force a service user to participate. To do this would also be a breach of human rights. Purpose and Benefits It's important to know the importance of creative activities with in care in elderly service users. They may feel like their independence has been taken from them; they may feel like this because they no longer work, which may give them a lack of belonging and importance. They may have children who have now grown up and left home and no longer need the support of a parent; they may feel that their body does not function as well as it used to and this may restrict them from driving a car; they may be a widower leaving them feeling lonely, walking around freely and needing personal care which can make the service

user feel as though they no longer have any dignity. This may have a great physiological effect on the service user the service user may become depressed and have a lack of motivation in life. One purpose of creative activities is to give the service user a feeling of worth and self satisfaction through achievement in the creative activity, to give the service user physical, intellectual, emotional and social stimulation.

Different activities can achieve this for example one creative activity that Alburney nursing home does is Thigh chi which gives the services user physical exercise is very important in elderly service user that they do light exercise in order to strengthen joints and muscles as at this age there are prone to aging and decay. This can be seen as a preventative method for possible illness or rehabilitation for any existing elements. This can also give intellectual stimulus as the service user would have to think about how there bodies move and coordination and control, light physical exercise might also give service user social interaction getting all residents together this would be great places for service users to social interact and use the communication skills. The benefits to service user exercise are proven to lower stress levels and have many health benefits. Exercise increases the flow of blood to the brain which makes the brain function better and the neurons function more intensely. It is known that exercise can resale the chemical endorphins in to the blood stream which gives the individual a sense of overall well being and positive outlook.(<http://www.mindtools.com/stress/Defenses/Exercise.htm>)(Cross references A01 unit

9)FacilitiesThe nursing home has one mini bus that can transport service

user who needs the aid of a wheel chair this is because it has a mechanical

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lift. The nursing home has two activity organisers, with in the lounge there is an area where sensory games are kept for service user's to play with, with the cares. Health and SafetyThe Health and Safety at work act insures that the service user's as well as the service user are protected from harm. According to class notes (2007 BPC Julia Foster unit 4) Each work place where there are five or more workers must have a written statement of Health and Safety Policy. The Beaucroft policy states that under the Health and Safety at work act 1974 it is the employer that has responsibility for ensuring the health and safety of employees(all staff) and non-employees (pupils, visitors)affected by working activities (at school or on trips).

At Beaucroft it is the Governing Body that is the employer due to foundation status. The Act also places a duty on employees while at work to take responsible care for the health and safety of themselves and of other persons who may be affected by his/her acts or omissions at work and to co-operate with their employer with their employer to enable them to perform or comply with their duties or requirements. It is the intention of the Governing body of Beaucroft Foundation School to provide in so far as is reasonable practicable a safe and healthy working environment for all staff, pupils and visitors to the school. The same principals are relevant to the nursing home they must insure that every one is aware of the health and safety act and that it is understood and enforced by all members of staff. (Cross References Unit 4 Manual Handling)The staff involved in the activity must be aware of the needs of the service user so that they can assess what precautions they may have to take for example any medical conditions. It is important that the staff are all defended before the activities takes place so

that everyone knows their responsibilities and their roles this aims to prevent any potential hazards that may occur.

Legal and Organisation Requirements Care values are based upon the Human rights act these aim to protect individuals from being discriminated against, exploration and ensuring their dignity is maintained. The Human rights act also ensures that the individual confidentiality is maintained. The Human rights act includes: ??? The rights to be different e. g.

sexual orientation, beliefs ??? Freedom from discrimination ???

Confidentiality ??? Choice ??? Dignity ??? Effective communication ??? Safety and security ??? Privacy (Fisher (2006) OCR national level 3 Health and Social Care and Early Years Heinemann) Human rights should be obtained in every way no matter what the circumstances and situation as well this includes creative activities. For example if a service user does not wish to participate in an activity the service user must not be forced to take part in the activity as this would be a breach of human rights. Care workers own practises ??? Must be aware of their own values ??? Must ensure that they do not undermine others when their views and opinion differ from their own. ??? Must empower the service user, helping them to make their own choices and decision making.

??? Must be well informed and knowledgeable in order to avoid being prejudiced. ??? Must examine their own attitude and values to make sure they know themselves well and are not unjustly judging others. Care workers must work to the care workers code of conduct and must abide by this at all

times including trips out for the residents. Good practise promotes service user's rights.

Each care setting will make up their own set of codes of practices based on legislations needing to be met by law. This would also insure goals and standards which are aimed to be met. Monitoring systems are produced and are in place to make sure that the care settings legislations are being met. External and internal inspectors monitor the performance of the setting to insure that it is up to standard for Ofsted inspection. Without code of practice service users would be more liable to experience discrimination and prejudice while in care. For example if a carer was rude to a service user because of a prejudice they had for example a carer was rude to someone because of their sex or race this would be called discrimination.

By insuring that the carers follow the code of practice will promote equality and diversity and therefore gives service users better quality of care.

Confidentiality It is important that confidentiality is kept to protect the service user as the service user's medical information may be sensitive and private. By insuring that confidentiality is kept this will build a bond of trust between the service user and the carer. Without confidentiality the service user could be open to discrimination, judgment of others.

However confidentiality can create many ethical dilemmas, there are only a few reasons why a carer should ever break confidentiality this is when the service user demonstrates that he or she is a risk to themselves or to society. This should be taken to a person who can then help or assist the service user and to take appropriate action. By law according to (health and

social care, Nelson, page 220)The access to personal files act 1987The access to health record act 1990According to (www. opsi. gov.

uk/acts/acts/1998. ukpga_1998Where a data controller cannot comply with the request without disclosing information relating to another individual who can be identified from that information, he is not obliged to comply with the request unless??”(a) the other individual has consented to the disclosure of the information to the person making the request, or(b) it is reasonable in all the circumstances to comply with the request without the consent of the other individual.(Cross refranced from promoting the rights and responsibillities of service users) (Cross referenced form providing a positive environment for service users)If a carer talks about a service user on a bus to another person then there is a potential for some one to hear the confidential information and this could cores distresses to the service user. A manger is given some personal information why a member of staff has been taking time off for work for medical resone they are given a doctors note the doctors not was left in the communal area this meet that other carers had asses to this information.(Cross references care values A02)It is important that information is shared between staff if it is relevant to what they need to know for the task in hand for example if the resident was diabetic and they were about to go out for a meal with the residents this is very important that this information is shared with staff with all staff understanding that the information is confidential. Almost everything you do as a care has legislation or a regulation that state??™s how you care is to be carry out this not also protects you but protects the service user. Service users who are unable to move or have poor mobility may need the cares to assist then in

moving how ever there are regulations that will effect the way in which you help a service user as a care you must follow these to prevent injure to your self and to the service user.

Taken from (NVQ Level 3 health and social care By Yvonne Nolan 2005)The manual Handling operations regulations 1992, which implement the Manual Handling of loads Directive, came into effect on 1January 1993 under the health and Safety at work Act 1974, and enable UK legislations to implement a European Community Directive on the manual handling offloads. They apply to all manual handling activity with a risk of injury. Regulations will imposes on all cares daily routines employers and employees are all told to avoid unnecessary hazards manual handling activities and to work with in there limitations if it is not possible then the cares must take try and lower the risk by working with in the capabilities of the cares reduces the risks that the environment by removing any object that could cores potential risk to service user or care take appropriate action to lower the risks as much as possible.(Cross references Unit 4 Manual Handling)It is important to consider manual handling when under taking creative activities with service users as they may need to be moved for example going in and out of transport there must be a ramp as to life them would be braking the law. Also to be considered is if a resident needs the assistant of manual handling equipment and they are going out of the home on a day trip the organisers must considerer if the service user needs the toilet how they would get them there using manual handling equipment or if they how they might attempt to resolve the dilemma.

Creative Play With In a Nursery Creative play for children is very important to establish the frame works for development know and in later life. The day nursery tasks the approach that the child must feel secure with in there environment before they are able to learner and develop. According to class notes Adraham Maslow was humanist??™s psychology who devised a pyramid of needs based upon five levels and is arranged in a hierarchy of how important they are for survival. Maslow believed that we satisfy are needs in order of relevant for example if you had not eaten for weeks and not drank for days and food and water is placed in fount of you, you would automatically go for the water as your body has a greater need for this so you are satisfying your body.

Another example of this is again if someone was staving and had not eaten however began to chock the need to breath is more important then the need to eat. This shows that you have a hierarchy of need Maslow shows this theory of this using a pyramid of hierarchy. Maslow states??? We share the need for food with all living things , the need for love with (perhaps) the higher apes, [and] the need for self-actualization with [no other species] (Psychology the science of mind and behavior By Richard Gross fourth edition 2001)Maslow??™s Hierarchy of needs([http://staff. gc. maricopa.](http://staff.gc.maricopa.edu/~jpell/blackboard/MASLOW.JPG)

[edu/~jpell/blackboard/MASLOW. JPG](http://staff.gc.maricopa.edu/~jpell/blackboard/MASLOW.JPG))(Cross Refrances Unit 10 Maslow)This refelects Maslows theory that they child will not be able to learn untill the child feels as through they are safe and secure then they will be able to develop through play. What Methods Are Used In a Nursery Play is very important part of the childs learning prosess play helps to develop the childs cognituve development. Play can also help children with learning difficulties , <https://assignbuster.com/creative-activity/>

emotional issues and possibly children that have gone through a traumatic event.

Play can be used to express the child's emotional feelings and worries. By using play in this way encourages children to achieve their full potential in psychosocial growth. Play can also be used for children with learning difficulties or behavioural difficulties to help them learn appropriate behaviour. The nursery uses creative activities such as reading, art, drama, music and role play to encourage creative activity. These activities allow the child to express themselves and explore ideas, imagination and self-confidence. According to Sue Claidye from Sequal Child Care Bossum the activities organiser must take into consideration when planning an activities four foundation stages.

1. A Unique Child 2. Positive Relationship 3. Enabling Environment 4.

Learning and Development These principles must be taken into consideration throughout the child's time at the nursery and act as principles of care. Creative activities involve children making decisions and choices on their own the assessment on the child will be based upon how they make the decisions and choices and an assessment will be based upon this and the support needed. The support given might be done in a number of ways according to Sue Claidye they would observe how the child responds to what they see, hear, smell, touch or taste. Another way of encouraging the child is through working with texture, colours, shapes, role play, dances, music, design and art. Creative activities are encouraged and are timetabled in twice a day to encourage the child to grow depending on their age

metetermines how much play they get for exampl children from the age of 1 too 3 are encouarged to do more creative play then children aged 4 to 5 who may need to have introduces academic studies but are still actively encouraged to get involved in play.

According to Sue Claridye most nurserys have creative activities facillities avabilble such as , craft activities, home corners, dress up corner, water and sand trays, out side play area, toys, books, quite area, computers and technology reasources. Legal , Organistional and Health and Safety IssuesA activities organiser must take in to consideration theses legal proties when planning an activtiey, The mannager must stick with the guild lines if getting the right staff to child ratios with in each age group for exampl 0-2 years, 1-3; 2-3 years: 1-4; 3-5 years: 1-8 according to Sue Claridye, in obidances wih law this must be maintained at all times . If the children are being taken away from the nursery for a school trip then it is the law that the mannagemnt get the parents and guidens permission before hand this also applies when taking photo graphs of the children, Confidentaillity must be keep at all times and risk assesments are carried out before the activity is undertaken. Dater protection is also a legal requiuremnt when carriing out creative activities. In conclusion this high lights the importnats of creative activities in two different care settings nd shows how they can be benifical to different service users with different needs. BibliographySue Claidye from Sequal Child Care Bosume(<http://staff.gc.maricopa.edu/~jpell/blackboard/MASLOW.JPG>)(Cross Refrances Unit 10 Maslow) (Cross references Unit 4 Manual Handling)(NVQ Level 3 health and social care By Yvonne Nolan 2005)(Cross refranced from promoting the rights and

responsibilities of service users) (Cross referenced form providing a positive environment for service users) (Cross references care values A02)(2007 BPC Julia Foster unit 4)(<http://www.mindtools.com/stress/Defenses/Exercise.htm>)(Cross references A01 unit 9)