

The Adult's Motivators For Day Program & Respite Workers

The Adult's Motivators	Age Appropriate Activities In The Community
• cooking	<ul style="list-style-type: none"> • make muffins or cookies & sell at local store • make dog biscuits to sell at pet section in store or at vet's
• buttons	<ul style="list-style-type: none"> • sort buttons for local thrift store or dry cleaning outlet
• hair	<ul style="list-style-type: none"> • visit local hair salon to have something special done once a month
• movement (head side to side, rocking body, walking)	<ul style="list-style-type: none"> • taking dogs for walks for people who are too busy • walking with a senior who needs to get out more • go to concerts where she can rock to the music
• country music	<ul style="list-style-type: none"> • playing country music with switch at local senior centre
• movement & exercise (describe)	<ul style="list-style-type: none"> • participate in exercise group at day program or local weight loss centre • play music at local exercise classes
• picture books, library	<ul style="list-style-type: none"> • playing tapes and books to local day care centre for pre-schoolers or after school care • returning books and picking up and delivering books for those who are immobile
• peers	<ul style="list-style-type: none"> • invite closest peers out for a treat at Dairy Queen during break or after school hours
• praise	<ul style="list-style-type: none"> • hand out cookies, juice, jokes and nice compliments to patients at local hospital, where she will likely receive thanks/praise
• earrings	<ul style="list-style-type: none"> • work with peers at the day program to help make and sell earrings
• videos (Disney)	<ul style="list-style-type: none"> • watch Disney videos with pre-school group; use voice output to ask questions to children throughout video
• tea & coffee	<ul style="list-style-type: none"> • visit laundry mat to do laundry and sit and have a cup of tea while waiting • visit local coffee shop for coffee
• make-up; looking good	<ul style="list-style-type: none"> • visit local drug store to check out makeup
• teen magazine	<ul style="list-style-type: none"> • look at magazines at library • tidy magazines at drug store

Examples of motivating activities for special needs adults in age appropriate settings...



Adults with special needs can get together for lunch with friends at a local Recreation Centre or Adult Day Program.

Many adult day programs offer music programs for drop in. Special needs adults can participate in many ways, which include choice making.



Sometimes it is helpful to pair a strong motivator (in this case music) with a job (e.g., shredding paper) to encourage the individual to participate in this service related activity.

