

## Activity Continuum: One step at a time

Being involved in meaningful activities is a key ingredient to quality of life. Sometimes, it's as easy as "what should we do today?"

However, sometimes an individual shows no interest in the activities that their staff present, even they are great ideas that you just **know** they will love once they give it a try.

In those cases, think of it this way: your goal isn't to get a person doing an activity by themselves right away; the goal is to get them participating one step at a time.

At the bottom of the continuum is making it so that no one can have any fun. At the top is having fun independently.

Our job: to move a person up the ladder one step at a time.

## Activity Continuum: One step at a time

### Participating independently

“Thanks, I got it”



### Participating with help

“Let’s do it together”



### Present but not participating

“You do it, I’ll sit here”



### In the other room

“Do what you want,  
I’m not coming”



### Disruptive

“No fun for anyone!”

