



Restraints: Activity Boxes

To improve focused activity of the residents who wander or are agitated.

Household Activities

Activity Box Name	Materials Needed	Possible Activities
Laundry Kit	<ul style="list-style-type: none"> • Clothes line • Clothes pins (clip and push on) • Washcloths • Pillow cases • Plastic bottle to put water in—used to wet items so that they need to be hung out • Clothespin bag • Laundry basket 	<ul style="list-style-type: none"> • Help set up/take down clothesline • Put clothespins out on the line • Hang out the wash • Take in dry laundry • Fold/put away laundry • Put pillow cases on pillows • Sort clothespins - by color, by type
Folding & Hanging Clothing	<ul style="list-style-type: none"> • Variety of clothing items (Goodwill) • Small laundry basket • Plastic hangers 'hanging' rack 	<ul style="list-style-type: none"> • Old items - put in basket or drawer • Put items on hangers, hang them up • Button buttons
Cleaning Shoes	<ul style="list-style-type: none"> • Dull/dirty shoes or boots (Goodwill or thrift stores are good resources) • Polish • Cleaning rags • Polishing brush 	<ul style="list-style-type: none"> • Clean shoes • Polish shoes • Pair up shoes
Socks Sort	<ul style="list-style-type: none"> • Lots of unrolled socks of different colors and/or types • Small basket 	<ul style="list-style-type: none"> • Sort socks by color/type • Pair up socks • Put socks in a drawer or basket
Utensils	<ul style="list-style-type: none"> • Sorting tray • Plasticware - different colors • Metalware • Drying cloth - dish cloth • Silverware, silver paste, cleaning rags 	<ul style="list-style-type: none"> • Put utensils in tray - give sample • Sort utensils by types (knives, forks, spoons) • Sort utensils by color • Place utensils out on tables for meals • Pick up place settings not used and put them away • Wash silverware and dry, then put away • (For some folks) - polish the silver
Dusting	<ul style="list-style-type: none"> • Dust cloth • Lemon spray • (Dusty surfaces are needed for folks with higher skills) • Feather dusters (2 at least) 	<ul style="list-style-type: none"> • Clear surface to be dusted • Dust surface with rag or duster • Put items back in place • Run feather duster along walls and blinds
Sweeping Up	<ul style="list-style-type: none"> • Broom • Dust pan • Vacuum cleaner 	<ul style="list-style-type: none"> • Sweep floor • Use dust pan • Run vacuum
Washing Windows	<ul style="list-style-type: none"> • Spray bottle of vinegar and water mixture • Paper towels or newspaper • Bag for trash 	<ul style="list-style-type: none"> • Spray windows • Wipe windows • Put used paper in trash bag

Office Activities

Activity Box Name	Materials Needed	Possible Activities
Office Work	<ul style="list-style-type: none"> • Papers that have fold lines on them (you fold them, unfold and stack) • Envelopes • Colored paper - mixed or sorted • Box of paper clips • Stapler with staples • Calculator (hand operated if you can find one, and an electronic one) • Pencils • Pencil sharpener • Worksheets • Blunt paper scissors • Tape with dispenser • Small pieces of colored paper, pictures, articles • File folders • Hanging file holder • Index cards with an index card holder • Rubber bands • Junk mail 	<ul style="list-style-type: none"> • Fold papers • Stuff envelopes • Take papers out of envelopes and open them up • Sort papers or index cards by color • Collate papers • Paper clip papers together • Staple papers together • File papers into file folders (maybe matching colors, letters, numbers or words) • Put file folders into file folder holder (alphabetically or by words for some) • Use calculator (use sheet of numbers to enter, give simple problems...) • Sharpen pencils • Tape pieces of paper or pictures onto page • Cut up paper, cut out pictures, cut out ads • Rubber band index cards • Tape recipes/ads on index cards • Open junk mail • Rubber band business cards
Clipping Coupons	<ul style="list-style-type: none"> • Blunt scissors • Magazines, food store flyers, newspapers, mailers • Folder • Small boxes • Small accordion file 	<ul style="list-style-type: none"> • Find coupons • Cut out coupons • Sort coupons • File coupons • Talk about coupons, food, sales

Arts and Crafts

Activity Box Name	Materials Needed	Possible Activities
Stuffed Animals	<ul style="list-style-type: none"> • Small stuffed animals of various types • Brushes • Ribbons/collars 	<ul style="list-style-type: none"> • Putting ribbons/collars on them • Talking about animals • Sharing them with someone else • Setting them in a display
Yarn	<ul style="list-style-type: none"> • Skeins of yarn • Small styrofoam balls to start wrapping yarn around • Knitting already started on large needles • Crocheted work already started - large crochet hook 	<ul style="list-style-type: none"> • Wind yarn on ball • Pull yarn off ball or skein while you wind it • Crochet - single or double • Pull out crocheted work • Knit • Pull out knitted work

Flower Arranging	<ul style="list-style-type: none"> • Artificial flowers cut into single stems (leaves and flowers) - different colors • Plastic glasses or vases 	<ul style="list-style-type: none"> • Sort by color into groups • Make up arrangements • Put arrangements on tables for decorations • Collect flowers and put back into the box
Stuffing Pillows	<ul style="list-style-type: none"> • Small sewn pillows with one end open • Long tube socks • Bags of polyester stuffing material • Safety pins, diaper pins or clothespins • Pieces of ribbon or cord 	<ul style="list-style-type: none"> • Stuff pillows • Pin pillows shut • Stuff socks • Tie socks shut at various points along the length making a 'caterpillar' type creature
Making Hot Socks	<ul style="list-style-type: none"> • Long sports socks • Large bag of uncooked rice • Large bag of dry beans • Large mouth funnel • Plastic measuring cup • Dried herbs (lavender, rosemary, lemon thyme...) • Basket to carry heated socks 	<ul style="list-style-type: none"> • Measure rice/beans • Help pour rice/beans into socks • Select and crush herbs • Put herbs in sock • Tie knot in sock or tie sock with a ribbon • Help microwave sock - 1-2 minutes on high • Share socks with others • Put sock on shoulders, lap, arms, neck • Give or receive a massage with the sock • Empty out socks for another day

Sorting and Organizing

Activity Box Name	Materials Needed	Possible Activities
Sorting Buttons or Ribbons	<ul style="list-style-type: none"> • Large assortment of buttons or ribbons • Lots of small containers • Small baggies 	<ul style="list-style-type: none"> • Sort buttons/ribbons into piles or containers • Put all buttons/ribbons back into one container • Handle and count or move buttons from one container to another
Sorting Coins	<ul style="list-style-type: none"> • Large number of coins • Coin rolls • Containers • Plastic coin holders (they have preset levels for what goes in a roll) • 'Piggy bank' or other container with slit in the top of it 	<ul style="list-style-type: none"> • Sort coins • Count out coins • Put coins in rolls • Handle the money • Put coins in a piggy bank • Give you coins to put in the rolls

Music

Activity Box Name	Materials Needed	Possible Activities
Music Time	<ul style="list-style-type: none"> • CDs from the 20s, 30s, 40s • Song sheets (mostly for you) 	<ul style="list-style-type: none"> • Singing • Dancing • Talking about memories • Relaxing • Encouraging folks to come to a given location • Encouraging folks to stay in a given location

Foot and Hand Care

Activity Box Name	Materials Needed	Possible Activities
Nail Care Kits	<ul style="list-style-type: none"> • Washcloths (some for wet and some for dry) • Basin to put warm wet washcloths in • Bag for used washcloths • Polish • Polish remover • Cotton balls and pads • Orange sticks • Emery boards • Nail clippers • Soaking dishes • Water pitcher • Lotion • Sealable bags to put used polish remover pads in (smell) 	<ul style="list-style-type: none"> • Do warm hand soaks with warm wet washcloth wraps • Clean around and under nails • Apply lotion to nail areas and hands • Remove old polish from nails • Help with nail care, or have nail care done • Select preferred color • Help apply polish or have it applied • Have the person do your nails • Do toe nails (unless medical condition prohibits it)
Foot Care Kits (*make sure there are not conditions prohibiting footcare)	<ul style="list-style-type: none"> • Basin • Towels • Lotion or oil • Washcloths • Foot massage machine (available at drug stores and 'Walmart'- type stores) 	<ul style="list-style-type: none"> • Soak feet • Rub feet • Put lotion on feet
Lotion	<ul style="list-style-type: none"> • Different lotions • Scented lotions • Unscented lotions 	<ul style="list-style-type: none"> • Have person apply lotion to self • Apply lotion for the person on arms and hands • Give a 'massage' or 'rub'-hands, forearms

Construction

Activity Box Name	Materials Needed	Possible Activities
Pipe Construction	<ul style="list-style-type: none"> • Lots of 1 1/2" or 2" pvc pipe lengths (available at Home Depot or Lowes in 10' lengths - must be cut - can use a hacksaw - a resident may be able to help make this up) • Lots of connectors - 2-way, 3-way, 4-way • Pictures of completed arrangements (for higher level folks) 	<ul style="list-style-type: none"> • Put pieces together • Put pieces together following a set pattern • Take pieces apart that are already assembled • Use rhythm sticks while singing • Sort into different types and sizes
Sanding Blocks	<ul style="list-style-type: none"> • Several square 2x4" blocks with one side covered with a sheet of sandpaper that is secured with duct tape • Pieces of wood that can be sanded • Shapes that can be sanded 	<ul style="list-style-type: none"> • Sand pieces of wood • Roll sanding paper against one another • Handle the sand paper
Nuts and Bolts	<ul style="list-style-type: none"> • Nuts, bolts, washers (vary sizes for some folks) • Short metal plates with several holes through them • Pieces of wood with holes drilled through them • Small containers with lids (margarine containers work well) • Crescent wrenches 	<ul style="list-style-type: none"> • Sort each item by size, types • Put together/take apart nuts, washers, bolts • Put bolts through plates/wood and put on washers and nuts • Use wrenches to tighten/loosen bolts and nuts