

19 Easy D.I.Y. Adaptations...

Using Items Already in Your Activity Closet

Painting

- stick a small **Styrofoam ball** on the end of paintbrush handle for resident to hold onto
- cut slit in **tennis ball** to insert paintbrush so resident can hold onto tennis ball to paint

Drawing



- pass out **craft stamps** for residents to add images to a project instead of having to draw the image
- use printed **coloring pages** so resident does not have to draw any images
- provide **graph paper** to help resident draw easier by using the pre-printed lines
- set up **3-ring binders** to create slant boards for residents to place underneath their paper to create an angle and make it easier to draw

Doing Exercises

- place rolled up **towels** as cushions for residents to rest arms during exercise or as a back cushion

Playing Music

- wrap no-slip material, like **grip/shelf liner**, around instrument handles for resident to grasp onto
- place **sponge foam tubes** (i.e., pink foam curlers) around instrument handles for easier handling

Playing Cards

- cut off a small part of a **pool noodle** and cut a slit in the noodle for residents to slip their cards into as a card holder

Reading



- supply residents with **large-print books** for easier reading
- use **colored transparencies** to place over reading material so easier to read
- add **Post-It Notes** to edges of pages to make it easier for resident to turn book pages

Writing



- use a **highlighter** to highlight lines on a page for resident to easily see to write on
- provide **dark felt-tip markers** for writing so resident can easily read what was written
- wrap a few layers of **masking tape** around pencil or pen for better grasping
- shape **putty or modeling clay** around pens so they easily fit the hands of residents
- add **rubber bands** to pen for easier grip when writing
- place a **piece of tape** on paper to attach to table to avoid paper moving