



Tabletop activity for residents in supported housing – low level detail example

Activity	Tasks	Outcomes	Adaptations	Benefits	Assessment
Sowing seeds	<p>Choose seeds.</p> <p>Collect seed tray and compost.</p> <p>Add compost to tray using trowel and tamper down.</p> <p>Make hole in compost using finger.</p> <p>Add one seed to each hole.</p> <p>Add thin layer of compost on top.</p> <p>Tamper down.</p> <p>Water in.</p>	<p>Improve decision making skills.</p> <p>Increase communication skills.</p> <p>Increase confidence.</p>	<p>Have large seeds available for clients with mobility issues.</p> <p>Include seeds that are guaranteed to germinate for high success rate.</p> <p>Have mobility trowels available with easy grip handle.</p> <p>Modify height of table for wheelchair access.</p> <p>Ensure compost is at waist height and in small, light containers.</p>	<p>Cognitive (decision making).</p> <p>Sensory (feeling of compost in hands)</p> <p>Physical (fine motor skills, gentle lifting, twisting, grasping).</p> <p>Emotional (self-soothing).</p>	<p>Ensure that clients are confident making decisions independently.</p> <p>Check clients are asking appropriate questions to aid task where necessary.</p> <p>Monitor client confidence during activity.</p>