

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

**ACCOMPAGNEMENT, SOINS
ET SERVICES À LA PERSONNE**

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

CREATING A SENIOR ACTIVITY BOARD FOR CARE HOME RESIDENTS

Situation

You work as an activity coordinator in a care home in London. You would like to create an activity board for the care home residents with your co-workers.

Tasks

You are expected to:

- Find the arguments to convince your co-workers to create an activity board for the care home residents.
- Give them some information and advice to create an activity board.

Vocabulary:

To increase: augmenter

To decrease: diminuer

A rate: un taux

Creating a Senior Activity Board for care home residents

Increased activity and engagement with others have been proven to have a positive impact on the quality of life of elderly people and even contribute to decreasing mortality rates. Research also shows that inactivity and low levels of engagement can lead to the loss of physical function, social isolation, behavioral symptoms and poor quality of life.

(...)

It is vital for your care home to encourage socializing and group activities as much as possible. Creating a senior activity board ensures that your staff organizes enough activities for the residents.

What are the benefits of creating an activity board?

An activity board is simply an attractive calendar that displays the planned activities for the week ahead. It is efficient to create a routine, so your residents can feel like they are part of a community. For example, you could plan an arts and crafts activity every Monday, outdoor activities every Tuesday, a music afternoon every Wednesday and Thursday, and visits on weekends. Creating a senior activity board for your care home can present a clear visible agenda of activities that encourage participation. Thanks to an activity board, you can keep everyone informed about your activities week by week. Activity boards serve as an eye-catching way for everyone to be aware of the program.

Monday	AM	Smoothie time with Kamila	Smoothies	PM
Tuesday	AM	Personal Shopping	Personal Shopper	PM
Wednesday	AM	Flower Arranging Or Music Therapy		PM
Thursday	AM	On A		

Source: <http://www.countrywidehealthcare.co.uk/blog/post/>

An example of an activity - and that was used in St Mary's Home in Essex