

Participation In Healthy Leisure

Participation in leisure, or the use of free time for enjoyment, has a large impact on the health and well-being of older adults. Recent studies suggest that active engagement in healthy leisure can help to maintain:

- Preserved cognitive,
- Overall physical functioning, and
- Mental health.

leisure
“lei-sure”
noun
the use of free time
for enjoyment

Your facility may offer ways to engage in healthy leisure. Review the following opportunities to explore activities that will keep your mind, body and spirit engaged:

Leisure Opportunities

- Get in touch with your Activities Department to learn about group activities, events, and outings that you may be interested in participating in
- Request activities or exercises from your therapists that you can safely perform on your own or with friends/family outside of therapy sessions
- Have family bring in favorite games or items to enjoy during free time
- Play cards or board games with neighboring residents, or consider a virtual card game
- Read books, listen to audio books, or peruse magazine and newspaper articles
- Schedule weekly recurring calls or visits with your loved ones to keep in touch
- Search online learning platforms to complete a learning course or take a digital tour through museums and galleries around the world
- Calm your mind by listening to music, meditating, or spending time in prayer



Don't hesitate to reach out to your therapy team for assistance in accessing materials or navigating equipment as needed for any of these leisure activities! Your physical, occupational, and speech therapy team can incorporate your interests into therapy sessions to ensure successful participation in healthy leisure.