Overhead/Handout 10.1. Guidelines for Therapeutic Activity

Therapeutic activity

- has an obvious purpose and meaning for a person;
- offers a reasonable chance of success;
- reestablishes old roles;
- confirms dignity (it must never be perceived by people as childish or inappropriate to their social status);
- offers pleasure;
- does not reinforce inadequacy or add to anxiety;
- is individualized;
- is voluntary;
- capitalizes on remaining abilities;
- breaks tasks down into steps;
- meets basic human needs for identity, mastery, and self-esteem; and
- encourages social interchange.

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