



Great Tips to Keep Boredom at Bay During these Difficult Times

Depending on their level of ability, children and adults with disabilities will be able to attempt the following activities.

- **Gardening** – where possible get involved in gardening. Individuals in wheelchairs can enjoy this hobby as well by using raised bed gardening. There are so many benefits in being outside so plant some seeds and feel the success when they grow. [Click to view some ergonomic and adaptive gardening tools](#)
- **Scrapbooks** – start up a scrapbook, whether it is a travel, recipes, special family occasions, this will enable them to explore and develop their own creativity. A great hobby that children and adults of all ages can enjoy.
- **Art Therapy** – whether your child is particularly active, hearing or visually impaired, or developmentally delayed, always point out the achievements that he/she makes. Focus on the positive and not on the concepts not yet mastered. Use crayons, finger printing, leaves in the garden, its amazing how many safe tools there are around the house.
- **Assistive Technology** - technology has always lent a helping hand for people with disabilities such as visual impairment, speech impairment, people with motion disabilities or disorders etc. There are a lot of apps and gadgets that can help ease the difficulties people with disability face on a daily basis. Our next newsletter will outline some great apps