

Activity PRN: What Meaningful, Purposeful, Accessible and Timely Occupation Looks Like on a Mental Health Unit – Neil Barker

What is Activity PRN?

Meaningful

All individuals have a right to engage in activities that are personally significant. Personally meaningful activities shape and maintain a person's sense of self, and are bound to their health and well-being.

Purposeful

All engagement in activity is motivated by an internal or external purpose specific to the individual. Activity provision should meet the preference of the individual and to treat clinical need.

Accessible

Activity engagement should be tailored to the individual, according to their abilities and motivations. Consideration must be taken to ensure that activities are doable, with support given as required.

Timely

In a busy modern world with competing priorities, activities should be ready to go or available within a reasonable timeframe, so that engagement is done at the appropriate time.

Activity PRN Checklist (LIFE) v3.0

Meaningful, purposeful and accessible activity, as and when required.

Name: _____

Unit: _____

Ward: _____

Activity PRN Checklist (LIFE) v3.0

Activity	Meaningful	Purposeful	Accessible	Timely
Reading				
Writing				
Listening				
Speaking				
Thinking				
Feeling				
Doing				
Being				
Having				
Experiencing				
Engaging				
Participating				
Interacting				
Communicating				
Relating				
Connecting				
Engaging				
Participating				
Interacting				
Communicating				
Relating				
Connecting				

Activity PRN Card v3.0

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Indoor Catch



Karaoke



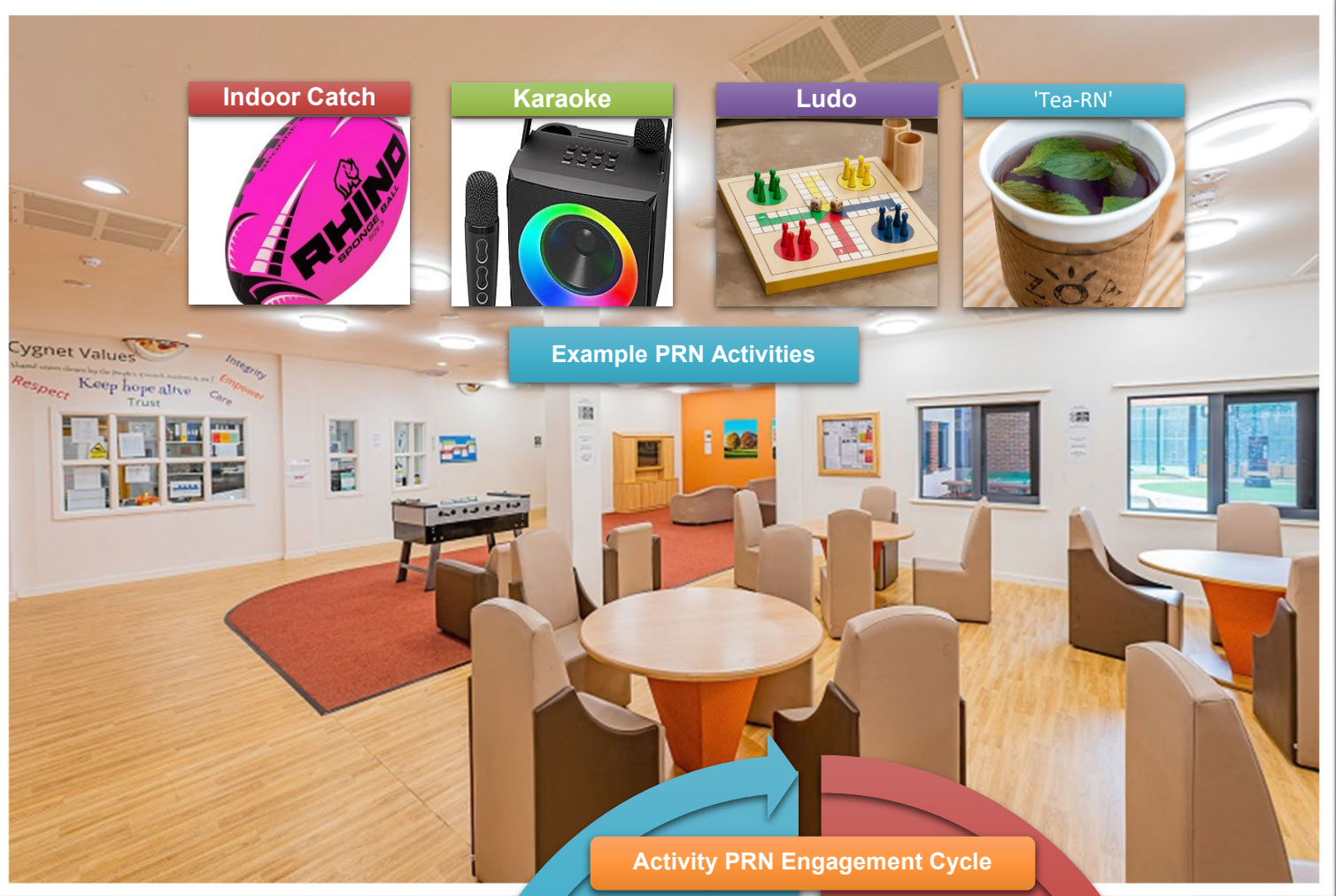
Ludo



'Tea-RN'



Example PRN Activities



Activity PRN Engagement Cycle



Why use Activity PRN?



Process



Activity PRN Cupboards



Organised Activity Resources



Accessible Activity Trays

