

INNOVATIVE ACTIVITIES FOR ELDERLY IN SOCIAL WORK

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Research purpose (topic, problem, aim). Human beings love to be engaged and stimulated, and throughout their lives they participate in a variety of activities. As people reach their senior years, they still want to keep learning and enjoy enriching experiences just like they did in the past. However as they age, it becomes harder to keep up with the physical activities they once enjoyed, making it more important than ever to set aside the time to stay mentally and socially engaged. As persons get older it can often be difficult to do the activities he/she once enjoyed. Whether due to illness or immobility, this can impact a person's quality of life. Luckily there are many other alternative options to remain engaged in daily life. Whether you're someone affected by health issues or care for someone who is, the following presentation should provide ideas for individual and group activities for the elderly. The presentation will begin with an overview of memory care and sensory activities, rest related Spiritual care, artistic pursuits, activities by gender and fun activities for elderly. Innovative activities supported by social workers employed in older people's care institutions allow social involvement and individual support. Many researchers express an opinion that life quality enhances for older people who participate in creative activities and the longer older people stay active, occupied, the happier their old age is. Social workers need to make sure that these activities are inclusive and accessible, they focus on modifications and creative solutions when planning social events or recreational outings.

Keywords: Innovative Activities, Elderly, Challenges, Social Work

Research Methodology. Literature Review.

Results / Findings. Innovative activities allows older people to manage their emotional imbalance better and this positively affects their psychological status. Social workers believe in providing social activities for elderly with complex health needs that are safe, meaningful, and enjoyable. They strive to make sure that everyone feels included and able to fully participate in the activities they offer. With a creative approach, social workers are seeking that elderly will be able to find something fun and engaging for them.

Originality / Practical implications. The study will present reals and useful innovative activities for elderly. Using those activities social workers can help for elderly to be active and feeling loved. When elderly are engaged in innovative activities, they stay healthier and enjoy the benefits of daily life.