



## Associatie van Academische Werkplaatsen VB

*The question below has been answered by the Academic Collaborative Centers affiliated with the Dutch Association of Academic Collaborative Centers Intellectual Disabilities. An overview of questions can be found on the [Association's website](#).*

### **Question**

The day programs of persons with intellectual disabilities in the Netherlands are not as usual due to the Corona crisis. This may cause unrest and under stimulation. Do you have ideas on how to create a varied day program for persons with intellectual disabilities during this period?

### **Answer**

Due to the Corona rules, persons with intellectual disabilities do not participate in their work or daytime activities, they usually stay at home, in their home environment. Also, they often are not visited by their families, friends or volunteers, nor visit family or friends themselves. Therapists, such as physical therapists, also have to restrict their interference, and limit it to giving advice, instead of hands-on therapy. As a consequence, the lives of the persons with intellectual disabilities are suddenly very different compared to their usual life.

In these circumstances, it is a challenge for direct support persons or parents / family members (in case a person lives with his or her family), to offer the person with intellectual disability a rich and varied day program.

Simple play, multisensory, leisure time, and physical activities could enrich the day program for persons with intellectual disabilities. In addition, to support physical activity is also of the utmost importance for the prevention of more physical limitations, behavioral problems, and to contribute to an increased alertness and well-being.

We don't have the ultimate solution, however the following information may offer input for parents, family members, and direct support persons to enrich the day program of persons with intellectual disabilities during this period of social distance. This overview was compiled by professionals, and researchers.



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### Group activities

- Traditional group games like playing with skittles, shuffleboard, making a puzzle, and all other games;
- Playing with songs: alternately suggesting a song, and sing it together;
- To dance to the music, of a CDplayer, or via You Tube, again alternately suggesting a song, making it a kind of a disco;
- Wi games or Play station;
- To clean up together, dividing house hold tasks; everybody can contribute on his or her level;
- Go outside as much as possible, doing chores in the garden; everybody can contribute on his or her level; to walk, bike, or roller skate, going to the play ground.

### Simple play, multisensory, leisure time activities, and physical activities

- Tips 's Heeren Loo: [https://www.sheerenloo.nl/corona/corona-101-tips-voor-een-leuke-en-leerzame-dag-met-structuur?utm\\_source=flexmail&utm\\_medium=email&utm\\_campaign=nieuwsflitsknpgs19maart2020&utm\\_content=tips+voor+een+leuke+en+leerzame+dag+met+structuur#beweegboek](https://www.sheerenloo.nl/corona/corona-101-tips-voor-een-leuke-en-leerzame-dag-met-structuur?utm_source=flexmail&utm_medium=email&utm_campaign=nieuwsflitsknpgs19maart2020&utm_content=tips+voor+een+leuke+en+leerzame+dag+met+structuur#beweegboek)
- Tips De Zijlen: <https://www.vrijtijdsbureau.nl/actief-tijdens-corona/>
- Tips 'Fit bij Talant': <https://m.facebook.com/profile.php?id=100036527356505>
- Tips Physical therapists Abrona: every day, they post a new video with exercises for persons with intellectual disabilities on Youtube. <https://www.youtube.com/channel/UCQ69pwkZeHKCZDYGwrrroIng>
- 'Ik ga EMB' (via Facebook): <https://www.facebook.com/ikgaemb/>
- 'Siza Sports' - <https://www.sizabaf.nl/SizaSports/> en <https://youtu.be/Xs8ZLm64Cv4>
- 'Tips for physical activity': <https://www.kennispleingehandicaptensector.nl/docs/KNP/KNP%20GS/Instrumenten/Beweegwaaier%20Zo%20kan%20het%20ook!.pdf>
- Physical Activity Program  
GOUD [https://www.kennispleingehandicaptensector.nl/docs/KNP/Verbeterprogramma/Beweeg\\_en\\_educatieprogramma/Beweegprogramma\\_totaal.pdf](https://www.kennispleingehandicaptensector.nl/docs/KNP/Verbeterprogramma/Beweeg_en_educatieprogramma/Beweegprogramma_totaal.pdf)
- 'Beweegcirkel' <https://www.kenniscentrumsportenbewegen.nl/producten/beweegcirkel/>
- Active Learning: [www.visio.org/activelearning](http://www.visio.org/activelearning)



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Other activities:

- Hallo Thuis van Philadelphia <https://www.philadelphia.nl/hallothuis>
- Online theaterlessen theateratelier <http://dramastrada.nl/toitoitoi/>
- Pictogenda <https://www.pictogenda.nl/over-pictogenda>

Academische Werkplaats EMB

Aly Waninge, in close collaboration with professionals and researchers.