

# SKIN/UV AWARENESS

HEALTH CARE OBSERVANCE



Skin/UV Safety  
Awareness Month

## How to Plan a Fun and Safe Summer Adventure with Grandma

*Plan a summer adventure with your aging loved one. Our tips and ideas give you everything you need to know to take grandma out for a fun and safe day.*

### How to Plan a Fun & Safe Summer Adventure with Grandma

Plan a field trip for your grandparent! Imagine picking grandma or grandpa up from the nursing home and filling the day with a summer adventure. Your grandparent will look forward to the day and remember it for years!

Here's everything you need to plan a fun summer field trip with your older loved one.

#### Create A Plan

Craft a plan of what your summer adventure will look like. When making your plan, take into consideration your grandparent's mobility and the physical demands of events.

#### The Plan Should Include:

- What time you'll pick your loved one up.
- The fun activities that will make up your day.
- Plan for rest breaks in between activities. How often you rest will depend upon the type of activity as well as your loved one's health condition. Some individuals will need more frequent and longer rest breaks than others.
- Plan on meals, snacks and water throughout the day.

#### Activity Ideas

Make sure to choose activities that you think your grandparent will enjoy and ones they are physically able to do. Keep it simple and choose public spaces that aren't too crowded or loud. If you can choose a place that is familiar to them and has fond memories, that can be a big plus.

### What to Bring?



Taking your loved one on a fun summer adventure will require some planning and packing on your part. Make sure you include these items so you are prepared for whatever the day may bring.

- Easy snacks like fresh sliced fruit, nuts and nutrition bars
- Plenty of water to stay hydrated throughout the day
- An extra change of clothes in case of incontinence
- Adult diapers in case of incontinence
- Moist towelettes for easy cleanup after meals
- Comfortable walking shoes
- Sunblock
- A hat
- A sweater in case they get cold
- Any required medication
- A camera to capture the adventure!

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# SKIN/UV SAFETY AWARENESS



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## Activity Ideas

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## Go Fishing

If the weather is warm and mild, go to the lake or your favorite fishing hole and see if the two of you can catch some fish. If they are in a wheelchair, make sure the dock is wheelchair-accessible. You can spend the day chatting while soaking up some Vitamin D.

## Get Artsy

Try an art class at your local craft store. Stores like Michael's and Joann often have beginning painting, sewing and scrapbooking classes. You can also try a flower arranging class or a pottery class. They'll get to flex their creative muscles and take something home as a souvenir of your special day together.

## Have a Picnic

Take a walk around a park and then have a picnic after. Make sure to pack a cane or walking stick to help with balance. Pack a picnic lunch of their favorite foods, a blanket, and enjoy some leisurely time together outdoors. You can even bring a kite and take turns flying it!

## Work In The Garden

Taking care of something can give your loved one a sense of responsibility and pride. You can take them to your local nursery and let them pick out some favorite plants you can plant together. Even some fresh herbs in a windowsill can be planted with limited dexterity. Make sure you have ergonomical tools in case they experience any pain. Once your garden harvests, you can share the fruits (and vegetables) of your labor with them!

[www.today.com/home/these-gadgets-will-keep-seniors-garden-2D80555944](http://www.today.com/home/these-gadgets-will-keep-seniors-garden-2D80555944)

## Go Miniature Golfing

Find a miniature golf center near you or set one up in your backyard. You can help your grandparent if their ball goes off course and even make a fun contest of what the winner will receive. Grab an ice cream cone afterward to wrap up your day of laughter and a little exercise.

## Bring The World To You

Use [www.thumbtack.com](http://www.thumbtack.com) to invite a professional or expert into your home for a private session of your favorite hobby. The site offers access to a variety of health and wellness activities provided in the comfort of your home.

Some of these include:

### Dance lessons

Turn back the clock to music and dance from another era with private lessons that range from the fox trot to the hustle, and even the cha cha.

### Yoga

Gain balance and flexibility in the comfort of your home with Yoga. A teacher can provide a specialized lesson for your loved one.

### Chess

A game of strategy and critical thinking, Chess can be a mentally stimulating game for seniors and their loved ones or caregivers.

### Beauty Services

Maintaining good hygiene and appearance is important for wellness and self esteem. Haircuts, color, perm and manicure services can all be scheduled with a licensed cosmetologist.



## Home Care Tip:

**Give yourself plenty of time!** When creating your schedule for the day, be sure to plan for car transfers, a leisurely pace and slower mobility. Remember that your loved one will be safe and able to enjoy the day's activities more if they can do them at their pace.

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Contact Name  
Contact Information

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