

1c6

Old Pleasures

Do

Find out what inclusive activities the person enjoyed in the past.

Story

‘David attends a day centre run by the local NHS Trust. He has been part of the psychiatric system for as long as anyone could remember, but a staff member spent time finding out about his past life. During the war David had been a farm hand and also spent time looking after the farmer’s young children, but after the war he had lost touch with the family. Three

years ago David and the staff member worked on a letter to the family farm ... just in case. The young children, now grandparents, were delighted to invite David over and rekindle the friendship after all these years. It is true that many people we have known over the years will have moved away and some of those we meet will have all their ‘relationship vacancies’ full, with no space in their lives for new people. Others will give a farmhouse welcome if we only ask.’ *(Bates 2000, pp20-22)*

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Hints & Hazards

A checklist of possible activities may assist the process. Information about what is available in the community may stimulate memories or ambitions. Previous pleasures might give information about hidden aspirations. Find out what caused the person to lose interest or stop doing the activity.

Allow the person to move away from old activities – we all do that.

People who have been taken up with child care, disabled roles, running a business, or abusing drugs or alcohol also need to reconnect with who they are and remember old pleasures.