

Preferred Activity Analysis

This document is for _____'s 'circle of support' to work through. It is a way of recording what activities _____ likes and does not like to do. It helps those who know him/her well work out what are the common elements across these activities that make them happy or sad? With this information supporters can more easily support them make decisions about what activities _____ does and doesn't want to engage in.

This tool will assist supporters when they are completing this document's companion tool, *Exploration of Options framework* (Watson, 2016).

Date: _____

Person/people filling out this form:

Describe the activity and whether _____ enjoys or doesn't enjoy it.

Citation: Watson, J. (2016). Preferred Activity Analysis: A Supported Decision-Making Tool for People who communicate informally. Earlier version In J. Watson & R. Joseph (Eds.), *People with severe to profound intellectual disabilities leading lives they prefer through supported decision making: Listening to those rarely heard. A guide for supporters*. Melbourne: Scope.

Description of Activity

(Answer the following questions where they are relevant)

1. Where does the activity take place?

2. Circle the best description of this place (you can choose more than one)

Indoors Outdoors In the country In the city

Other

3. Does the activity involve spending time in a particular climate? _____

If yes, circle the best description.

Quite hot Warm/neutral Cool Cold

4. Is the activity particularly noisy or quiet? _____

If yes, circle the best description.

Noisy/loud Neither Quiet/soft

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5. Does the activity involve looking at a lot of things? _____

Circle the best description.

Looking at many things

Looking at a few things

Looking at very little

6. This activity involves lots of (circle where appropriate):

Touching

Smelling

Looking

Tasting

Listening

Moving

7. How many people are usually involved in this activity? Those participating in it do it ...

Alone

With 1-3 other
people

With 4-10 other
people

In a large group or
crowd

8. Does this activity involve _____ spending time with a particular person? _____
If yes, who? _____

9. Does the activity involve people of a particular age? _____
If yes, what age? _____

10. Does this activity involve people of a particular gender? _____
If yes, what gender? _____

11. Does this activity involve water? _____
If yes, describe how water is used within the activity

12. Does this activity involve music? _____

If yes, describe the music

13. How does the activity require _____ to engage with others?

As the center of
attention

As just one of the
crowd

Seen but not heard

As an observer

14. What level of supervision does _____ need to participate in the activity?

Independent

Supervised somewhat

Dependent

15. What level of physical contact does the activity involve?

A lot of physical contact

Moderate physical contact

Very little physical contact

16. Does this activity involve food? _____

If yes, describe the food

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17. Does this activity involve travelling? _____

If yes, how does _____ travel there?

18. If yes, does _____ appear to enjoy 'getting there'? _____

19. If yes, how do you know he enjoys 'getting there'?

20. How long does it take to get there?

21. How long does the activity take? _____

22. Is the activity part of _____'s regular routine? _____

23. How often does _____ participate in this activity?

Often

Sometimes

Rarely

24. How much variety is there in this activity?

Things change often

Things change every so often

Things change rarely

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25. How would you describe the amount of action is involved in this activity?

Lots of action
Fast paced

Some action
Some pace

Relaxed
Slow paced

26. How physical is the activity?

Very physical

Somewhat physical

Not physical

27. How repetitive is the activity?

Highly repetitive

Somewhat repetitive

Not repetitive

28. How much structure and predictability is in the activity?

High Structure
Very predictable

Some Structure
Some predictability

Unstructured
No predictability

29. This activity involves lots of:

Social interaction

Being left alone

30. Is there anything else about this activity that you think _____ enjoys or doesn't enjoy about it?

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References

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