

Preferred Activity Analysis



Date:

Name:

People filling out this form:

This document is for a 'circle of support' to work on together. Its purpose is to develop a picture of how a person prefers to spend their time and what the common elements are across these preferences.

As a team identify 10 activities/experiences that occur routinely in the person's day. Select a range of preferred, non-preferred and neutral activities/experiences and order them on a scale of 1-10 with the most preferred being 1 and the most non-preferred being 10.

1.	_____	Preferred	
2.	_____		
3.	_____		
4.	_____		
5.	_____		
6.	_____		
7.	_____		
8.	_____		
9.	_____		
10.	_____		Non Preferred

Choose 2 preferred and 2 non-preferred activities/experiences.

Complete the following process for each of the chosen activities

Description of Activity

(Answer the following questions where they are relevant)

Activity _____

Preferred Non-preferred

Describe the activity: (is it visually stimulating; is it particularly noisy; does it involve smells; does it involve movement; does it involve tastes; does it involve touch; how long does the activity take; is it part of _____'s regular routine)

Does this activity involve travelling?

Yes/No

If yes, describe the travel involved. *Getting to the activity; travel as the activity itself; transport involved; length of time spent travelling.*

How would you describe the pace of the activity?



Fast paced

Neutral

Slow paced

How physically demanding is the activity?



Very physical

Somewhat physical

Not at all physical

How repetitive is the activity?



Very repetitive

Somewhat repetitive

Not at all repetitive

How much structure and predictability is in the activity?



High structure

Some structure

No structure

High predictability

Some predictability

No predictability

Physical Environment

Where does the activity generally take place?

Does the activity generally involve spending time in a particular climate or temperature?

Yes/No

If yes, describe the climate

Is the environment in which the activity takes place particularly noisy or quiet?

Yes/No

If yes, describe the noise level surrounding the activity

Is the environment in which the activity takes place visually stimulating?

Yes/No

If so, describe

Is the environment in which the activity takes place particularly smelly (either good or bad)?

Yes/No

If so, describe

Social Environment

This activity involves lots of:

- Social interaction
- Being left alone

How many people are usually involved in this activity?

- Alone
- With 1-3 other people
- With 4-10 other people
- In a large group or crowd

Does this activity involve spending time with a particular person/people? Yes / No

If yes, who?

Does the activity involve spending time with people of a particular age? Yes / No

If yes, what age?

Does this activity involve spending time with people of a particular gender? Yes/No

If yes, what gender?

How does the activity require the person to engage with others?

- As the center of attention
- As just one of the crowd
- Seen but not heard
- As an observer

What level of physical contact does the activity involve?

- A lot of physical contact
- Moderate physical contact
- Very little physical contact

Is there anything else about this activity that you think contributes to the person's enjoyment or non enjoyment of it?

Summary

Based on the above information what characteristics need to be present for the person to like/dislike an activity?

Characteristics enjoyed	Characteristics not enjoyed

Based on the previous information what activities is the person likely to enjoy, and what activities are they not likely to enjoy?

Activities likely to be enjoyed	Activities not likely to be enjoyed