

Goal-directed ways to spend time at home during the COVID-19 pandemic.

Supporting people with developmental disabilities during this unprecedented time is more important than ever. There are ways that we can support individuals at home by exploring their interests and how they are connected to other people through those interests.

A goal-directed day is about self-empowerment, learning and developing skills, with an aim of helping people realize who they are, what they are capable of, and how they can connect with other people.

Even while we may be staying at home more, a goal-directed day can be made up of planned and purposeful opportunities.



Find new skills or interests by creating a discovery journal, which can help people express thoughts and feelings, as well as find and define goals and ambitions.



Explore new interests, hobbies and ideas, via the internet, streaming, phone calls, etc.



Explore or maintain skills, abilities and possible interest in postsecondary educational opportunities or volunteer activities.



Experience virtual companionship with friends and peers.



Learn or develop new skills to support and increase independence.



**Division of Disability and
Rehabilitative Services**
Bureau of Developmental
Disabilities Services

BDDS

**Indiana Bureau
of Developmental
Disabilities Services**



Other ways to find great goal-directed home activities could be:

Engage in physical activity

Go on a walk!
Take a nature stroll outside.
Go hiking, fishing and/or walking at a park.
How about some jumping jacks to get your day started?

Explore new interests

New board games should be played.
Putting together puzzles is always fun.
Building models can be interesting.
Cook something new for yourself!

Virtual opportunities

Gaming!
Meeting new people through chat.
Podcasts!
Take online classes.
Tour museums and zoos.
Always keep connected with loved ones!

Try arts and other creative projects

Study at the art museum via the internet.
Write your favorite story!
Color!
Arts and crafts with beads, paint, string and other materials can be fun.
Sculpting with Play-doh and other materials can help ease stress.
Listen and make music during the day is a great idea!

Explore old interests

Get out those old coloring books and crayons.
Read your favorite book again!
Make a friend a picture to hang.
Let's build something with those old Legos!