

## What Do I Like to Do?

Direct Support Professionals (DSPs) can help the people they support find enjoyable activities through internet search and by exploring places in the community.

<b>Ask the Person You Support</b>	<b>How Can You Engage in This Activity?</b>	<b>Examples of Activities</b>
<b>Do you like walking?</b>		<ul style="list-style-type: none"> <li>• Join a walking club.</li> <li>• Go on weekly walks with friends or family members.</li> </ul>
<b>Do you like gardening?</b>		<ul style="list-style-type: none"> <li>• Join a community garden.</li> <li>• Find a neighbor to garden with.</li> </ul>
<b>Do you like sports?</b>		<ul style="list-style-type: none"> <li>• Join a local sports program.</li> <li>• Join a YMCA or a gym.</li> </ul>
<b>Do you like to make things?</b>		<ul style="list-style-type: none"> <li>• Take a drawing class.</li> <li>• Join a knitting circle.</li> <li>• Try scrapbooking.</li> </ul>
<b>Are you a performer?</b>		<ul style="list-style-type: none"> <li>• Join a local singing group or other performance arts group.</li> </ul>
<b>Do you like to watch other people perform?</b>		<ul style="list-style-type: none"> <li>• Volunteer to help at a local theater, for example as an usher or stage help.</li> </ul>

<b>Ask the Person You Support</b>	<b>How Can You Engage in This Activity?</b>	<b>Examples of Activities</b>
<b>Do you want to learn more about your culture or other cultures?</b>		<ul style="list-style-type: none"> <li>• Visit a museum exhibit.</li> <li>• Go to a local cultural festival.</li> </ul>
<b>Do you want to talk with others who share your religious beliefs?</b>		<ul style="list-style-type: none"> <li>• Join a religious interest group where you can talk with others about your beliefs.</li> </ul>
<b>Do you want to learn new job skills?</b>		<ul style="list-style-type: none"> <li>• Take a class at an adult school or your local community college.</li> </ul>
<b>Do you want to learn about new things?</b>		<ul style="list-style-type: none"> <li>• Find a class on something you think is interesting like cooking, art, or photography.</li> </ul>
<b>Do you want to spend time helping your community?</b>		<ul style="list-style-type: none"> <li>• Help clean your local park.</li> <li>• Find volunteering opportunities in your community.</li> </ul>
<b>Do you want to talk with people who have similar experiences as your own?</b>		<ul style="list-style-type: none"> <li>• Join a support group.</li> </ul>

### **Additional Resources:**

- Health promotion strategies for people with intellectual and developmental disabilities:  
<https://www.frontiersin.org/articles/10.3389/fpubh.2014.00031/full>
- California attractions for people with IDD and their families:  
<https://www.visitcalifornia.com/attraction/great-california-attractions-special-needs-families>