



# Activities for Adults With Learning Disabilities: Having Fun, Meeting Needs

*Helen Sonnet*

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## **Activities for Adults With Learning Disabilities: Having Fun, Meeting Needs** Helen Sonnet

This valuable resource for people working with adults with learning disabilities provides over 60 sessions of fun and engaging activities that aim to entertain and stimulate the minds of people with learning disabilities. The sessions are divided into different types of activity including cookery, arts and crafts, drama and dance, and outside events. A comprehensive collection of varied and enjoyable activities, this practical book also contains useful tips to ensure that sessions run smoothly. All the activities are tried and tested by experienced practitioners and include a key advising the level of help required, wheelchair user suitability and any related health and safety issues involved. Ideal for use in social clubs or residential homes, this is an essential resource for professionals and volunteers working with adults with learning disabilities.

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