



Finding the Fun: The Joy of Being a (DSP)

Being a Direct Support Professional (DSP) isn't just a job — it's a chance to create joy, laughter, and moments that matter. Every day, you're not just supporting daily routines — you're building independence, confidence, and memories.

Connecting Fun to Purpose

Fun equals Progress when it aligns with each person's Individual Support Plan (ISP). You can spark growth and joy at the same time by turning ordinary moments into opportunities for learning and self-expression.

ISP Area

Opportunities for Fun & Engagement

Community Inclusion

Plan themed outings — beach walks, park picnics, coffee runs, bowling nights, or karaoke Fridays.

Help individuals choose their destinations.

Skill Development

Turn chores into games: cooking challenges, folding races, or 'DJ hour' while cleaning. Make success something to celebrate.

Communication Goals

Use music, art, or shared jokes to encourage self-expression. Create inside jokes or 'word of the day' routines.

Health & Wellness

Go for walks together, dance to favorite songs, garden, or do chair yoga. Model a lifestyle that's active and joyful.

Social Skills

Host group meals, movie nights, or game tournaments. Encourage residents to plan and lead these activities.

Self-Advocacy

Let individuals choose music, dinner themes, or weekend plans — and celebrate their leadership.

Simple Ways to Bring Fun Into Each Day

- Start with music — play residents' favorite tunes while cooking or cleaning.
- Celebrate small wins: 'You nailed that recipe!' or 'You were first ready today!'
- Be playful — use humor and creativity to turn routines into connections.
- Create traditions: Taco Tuesdays, Movie Mondays, or Gratitude Fridays.
- Honor individuality — notice what each person enjoys and weave it into their day.
- Get involved — join residents in their activities; don't just supervise.