



Helpful products for craft activities



The benefits of craft activities

Craft activities are very popular among people of all ages. From 2021 to 2022, 32% of adults took part in at least one art or craft activity ([ABS, 2023](#)).

Doing craft activities and other creative hobbies has many benefits:

- Maintaining traditional skills or skills you have learned from past generations
- An opportunity for self-expression and creativity
- The actual 'doing' of a craft activity can improve your mental health
- Craft can give you a sense of achievement, enjoyment, and fun!

You could choose to make practical items like blankets or clothing for you, your family, or for charity. Handmade gifts are a great way to connect with your loved ones.



Improve your mental health

Doing craft activities can help you improve your mental health. Craft activities can:

- Help achieve mindfulness, concentration, and relaxation
- Reduce stress, anxiety, and depression
- Give you a sense of purpose and a goal to move towards (the end product).



Improve your physical health

Doing craft activities can also benefit your physical health. Craft activities can:

- Help you improve your finger dexterity, grip strength, and hand coordination
- Help improve your concentration and memory
- Help you improve your planning and sequencing skills
- Give you a reason to get out and about in the community to buy those craft supplies or maybe join a crafting club with others.



Make new friends

- Learn a new skill through adult education centres or the [University of the Third Age](#)
- Local craft stores often offer classes or groups to meet others or learn a new craft skill
- Check through your council for local craft meet-ups and coffee mornings
- Some travel organisations offer weekend get aways or travel tours for specific craft activities.

Charities seeking handmade items

- [Knit One, Give One \(KOGO\)](#)
- [Knit4Charities](#) has a [Project Calendar](#) of monthly and ongoing challenges. Each challenge lists different community groups looking for knitted products.
- [Australian Red Cross trauma teddies](#)

Assistive products for craft activities

As you get older, you may find it more difficult to continue with the craft activities you enjoy. This can be because of an injury or health condition, changes to eyesight, or general aches and pains.

Helpful products for craft activities

There are many products available to help you keep doing the craft activities that you enjoy. Products such as:

- LED lights with magnifiers
- Chart holders and magnetic boards
- Ergonomic and soft grip craft equipment
- Needle and yarn threaders, stitch counters, and latch hook eye needles
- Tools for cutting threads and fabric
- Lap stands and hoop stands
- Hand and wrist supports.



An occupational therapist can help

An occupational therapist (OT) can help you adapt tasks and find products to help you keep crafting. An OT can help with suggestions to protect your joints and manage any pain you may have.

Visit [Occupational Therapy Australia](http://OccupationalTherapyAustralia.org.au) to find a practitioner in your local area.

More helpful information

If you need more information, get in touch with one of our helpful team on **1800 951 971**.

CONTACT US

Website: liveup.org.au

Email: communities@liveup.org.au

Phone: 1800 951 971

Facebook: facebook.com/LiveUpAus

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.