

Activities

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Trinity Assisted Living

Owner/Administrator

Requirements For Activities

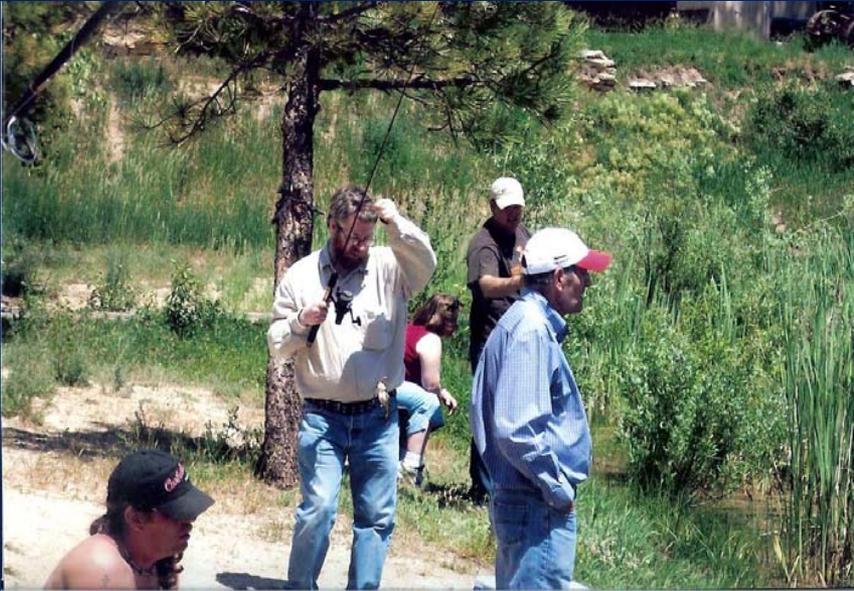
- The facility must provide an ongoing program of activities that is consistent with the facility's policies and procedures as described in Section 151 of these rules.



Interpretation

- Clearly, it is up to the facility on what activities are scheduled and provided.
- However, there are things that you should keep in mind that will allow your activities to be appropriate for your clientele
- See Section 151 of the Rules and I will show you my interpretation. These are only suggestions and may or may not be suitable for your facility.

Activity Policies section 151



- Policy and Plan. Each facility must develop a written activity policy which assists, encourages and promotes residents to maintain and develop their highest potential for independent living through their participation in planned recreational and other activities.

Activity Policies

- 02. Activity Opportunities. The policy must include opportunities from the following activities;
 - a. Socialization through group discussion, conversation, recreation, visiting, arts and crafts, music;

Socialization

- ▶ Group or individual store outing
- ▶ House discussion regarding days' events, upcoming events, Activity Planning
- ▶ "Themed" conversations.
 - ✓ Ask them to tell a story from when they were 16 years old.
 - ✓ Tell the group about their childhood pet. OR
 - ✓ Farthest town you have ever been to

Activity Policies

c. Physical activities such as games, sports, and exercises which develop and maintain strength, coordination, and range of motion;

- Bowling (Senior/group discounts)
- Walking or Stretching
- Fishing (local pond or day trip)
- Camping
- Wii- fantastic mode for those that are house and or wheelchair bound. (One-time expense with many activity uses. Group & Individual)



Physical activities

- If possible, get the entire facility to go for a walk around the block. This is good for residents & staff
- If you have 2 staff on at one time, let one of the staff take the residents that are willing and able for a walk; while the others stay home and play cards or board games
- Play yard bowling or bean bag toss

Activity Policies

- a. Daily living activities to foster and maintain independent functioning.

Examples

- ❖ Bake cookies, make a card and deliver to a neighbor; just to bring a smile to all faces
- ❖ Make Thank you or Birthday Cards for House Mates or Staff
- ❖ Go to the Store
- ❖ Play Bingo or Poker



Activities of Daily Living

Examples

In the kitchen

Let each resident choose an activity to be in charge of:

- picking the meal from the **Months Menu List** (Document on the Menu Substitution List)
- reading the recipe out loud
- find the utensils to use
- Mix items
- Pour or scoop
- Measure ingredients
- set the table
- make fun name tags to set on the table and mix up the seating



Activity Policies



- Education through special classes or activities
- This can be taught by a staff member, volunteer or resident
- Contact local churches for volunteers
- Or combine Education with a Community Resource activity
- ✓ Dance Lessons
- ✓ Sewing
- ✓ Scrap booking or Stamping

Activity Policies

- 03. Community Resources of Activities The facility will utilize community resources to promote resident participation in integrated activities of their choice both in and away from the facility.
 - You can use some ideas from Educational activities to invite people from the community to teach the residents an activity
 - Find someone who will volunteer their time to come into the facility and cut hair for an inexpensive cut. A friend of mine cuts my residents hair for \$5.00 and will dye hair for \$10. Always schedule this prior to the 5th of the month before they spend all of their PNA

Community Resources of Activities

- The Zoo will give you a discount, down to \$2.00 per person
- Discovery Center will let you go in without a fee; if you have more than 6 people and with proof of business (copy of License)



Community Resources of Activities



- Fish and Game will let you go in without a fee, if you call ahead. The residents love to walk around and look at the fish and those that get tired, it's a beautiful place to sit and just people watch

GET IDEAS

- Discuss during your House Meetings
- Have a list next to your Activities Calendar where anyone can add suggestions
- Find out your residents interests, goals and hobbies.
- Upon Admission, I ask what types of hobbies they like or would like to learn. I review them down the road with one of their list item

Get Ideas & Plan

- Allow residents to show their strengths either in doing or teaching others how
- Make sure all meds are popped and there is someone who will be in charge of assisting during medication time
- Transportation must be arranged prior to activity when necessary to and from destination
- Nourishment. If you are going to be doing activity during meal time; pack a picnic and or make sure you have appropriate snacks and drink for everyone.

Cost

- Obviously, there is a cost to a lot of Activities. However, planning ahead and offering ideas of how to raise the money will be very beneficial
- putting out a jar for residents and staff to donate funds in
- Ask all residents, staff and families to donate things to raise money for the facilities activity fund. Have a garage sale at facility. (this is good for advertisement as well)
- Residents can help make signs to post prior to garage sale
- Post it on Craigslist (www.craigslist.com) its free and used statewide

Holidays

- For Easter, we host an Easter egg hunt for all resident & staff children and grandchildren (and residents that want to find eggs too.)
- Activities the week prior, are coloring eggs and filling the plastic ones with candy.
- Making cookies & punch for snack after the hunt
- Residents get to hide the eggs and we set up chairs in the yard to watch the hunt and cheer them on
- For Christmas, those that want to participate in a gift exchange, let them pull a name to give a gift to. Set a cost limit; even if it's \$5
- Make stockings

Holidays

- **Each** holiday can be made special, by involving both resident and staffs friends and family.
- Halloween can be more exciting by making handmade costumes and or letting residents take turns answering the door for trick-or-treaters



Holidays



- You can have a BBQ for many different holidays. Let them help with food preparation
- 4th of July and New Years. If you are in a neighborhood, set chairs outside to allow them to watch fireworks
- Last year, I purchased \$20 of fireworks and allowed my staff to set them off for the clients. It was just enough stimulation for them all

Activities Calendar

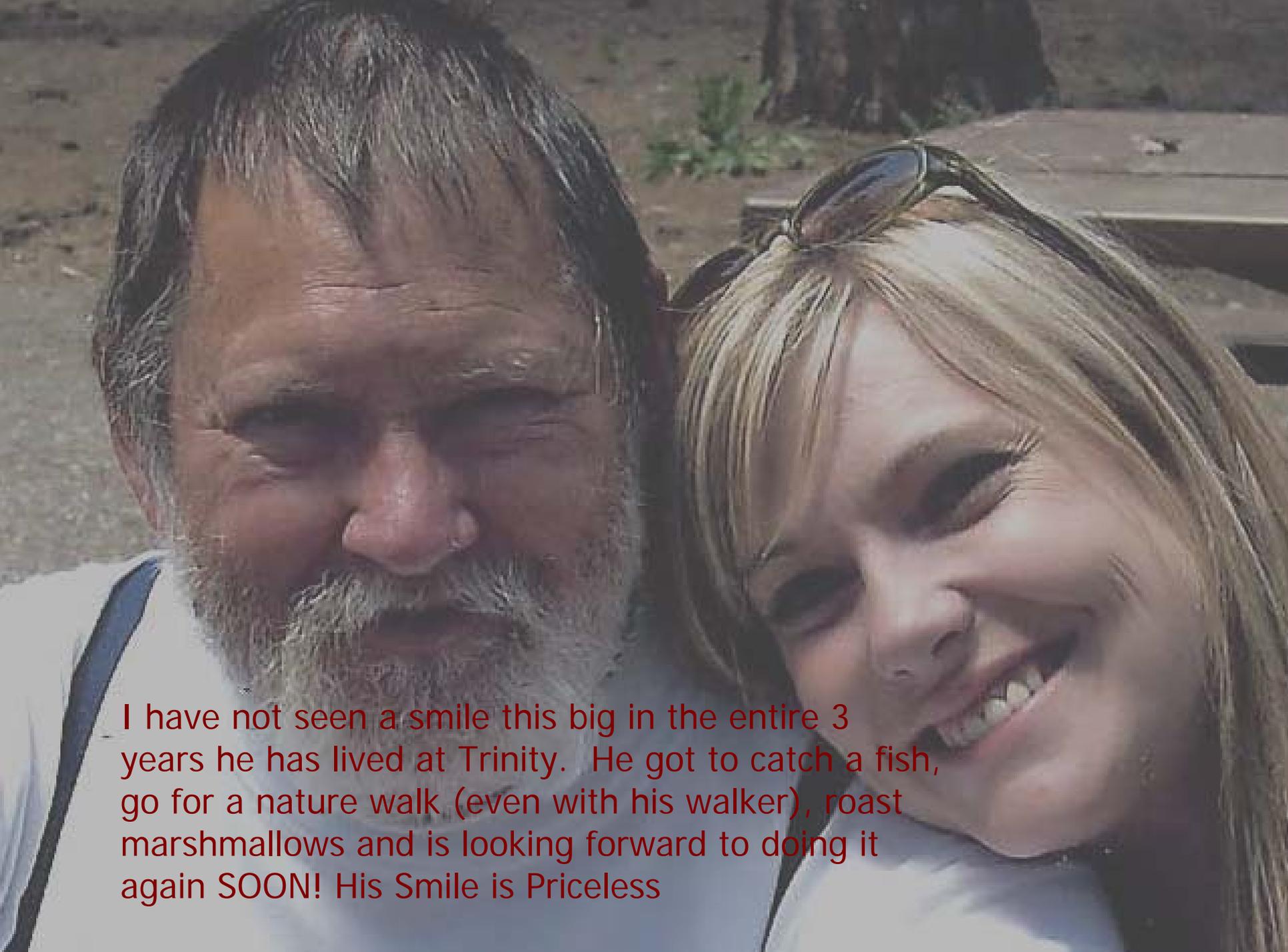
- Keep a basic outline of no-cost activities like exercise, games, or baking snack items
- Offer prizes or “points” for prizes. I normally have Dollar Store items to give away for certain activities. \$20 per month will easily buy enough
- You may want to keep consistency on days of the week such as Mondays are Bingo night, Wednesday afternoon is exercise and Fridays are movie night
- I suggest it always be flexible though. Allow residents to have a say and encourage their participation in planning and running the activity

Facility Camping Trip

- Things that help an individual feel good about themselves



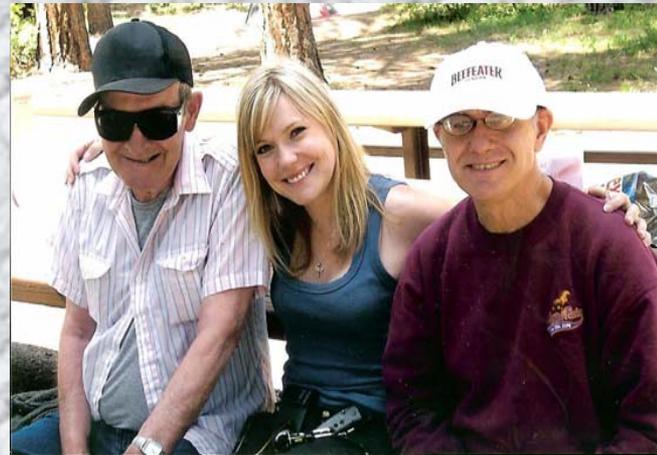
- Some residents have not been camping in 20+ years.
- For a week prior to trip, they practiced getting down and off the ground, to see if they could sleep in a tent or needed to sleep in a trailer.
- Since then, we have “camped” in our backyard; tents were set up and they slept outside



I have not seen a smile this big in the entire 3 years he has lived at Trinity. He got to catch a fish, go for a nature walk (even with his walker), roast marshmallows and is looking forward to doing it again SOON! His Smile is Priceless

Idaho City Fishing

- 4 of our guys had never learned to fish, but have always wanted to.
- We didn't leave until everyone had caught a fish!
- It made one gals day, when she was able to learn to put up her own tent



Follow up

- About a week after a big activity, I hand out a letter to all staff and residents; explaining the fun we had. I mail the same letter out with my invoices to payees & family. I also include a photo that has their loved one in it. Whether a group one or individual photo
 - Perfect time to thank those that helped make the activity a success
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Remember

- Always take pictures. I have an album with our facility photos and the handouts explaining the activity. I keep it in the common area on a table so visitors can thumb through it while waiting. Or residents like to show it to families and friends when they visit. It gives them something positive to talk about and it gives them pride to reveal it.



Trinity's Camping Trip was a great success!

The dust settles as everyone climbs out of their vehicles to stretch their legs and start unpacking and setting up camp. You can see the sense of relaxation and anticipation take over with wrinkles from smiling faces, eyes glisten with enjoyment. We breath in the pine trees; a soft breeze brushes over our cheeks as the warmth of the sun beating down on our tired bodies to energize us as we all scatter to find the perfect place to set up tents, grills, coolers and chairs. We learned quickly that Bruce can set up and take down 7 tents before the average person can get one out of the bag! Thank you for your help, Bruce!

After a quick lunch, we take a trip down to Idaho city for fishing, walking and window shopping. Michal, Oscar, Nathan, Willis, Mark, Doug, Casey, Billy, Justin, and Mike all caught fish! Laughter soars across the pond as Willis catches a bull frog on his hook. Mike almost falls into the drink as he attempts to catch it as it hopped away; just as surprised as the rest of us, I'm sure! Willis sports a smile larger than the biggest fish could have produced; along with a laugh that made the heart swell. Barb gave herself a tour of the desolate dusty town, grinning from ear to ear letting her quick feet carry her where they may.

Back at camp, Mike and Elishia grill up BBQ Pork ribs and corn on the cob. They were paired with side dishes that Justin, Kim, Shawna, Cathe, and Erika made for us. With full bellies and peaceful grins; everyone went their own ways, going on nature walks, resting in tents, playing games, lying on the ground under a tree or watching Elishia and her dance partner, Kenton, practice swing dancing on the pine needles!

Night falls, the air turns crisp and everyone has layers of clothes on. You can see the reflection of the camp fire bounce off intense eyes and exposed teeth from wide grins; watching scattered marshmallows dangle from sticks as they turn a golden brown. Slowly the dense circle diminishes to the few that cant let the day end, and push the night into Sunday morning before they crawl into their dew dusted tents.

Sunday morning, after coffee and breakfast; the group stops for a moment to capture a picture to remember Trinity's first of many camping trips! Eyes and grins tell the story that few will forget soon. We all break and start the inevitable; packing up to go home. Dust is kicked up by bustling feet, big and small. Funny that it seems to take forever to clean up 24 hours of fun! Cars and trucks get stuffed and the ride home is started just as minds start turning on how to raise money to go on the next trip!

If we can raise enough money to help cover costs, We are hoping the next trip is a 2-nighter!!

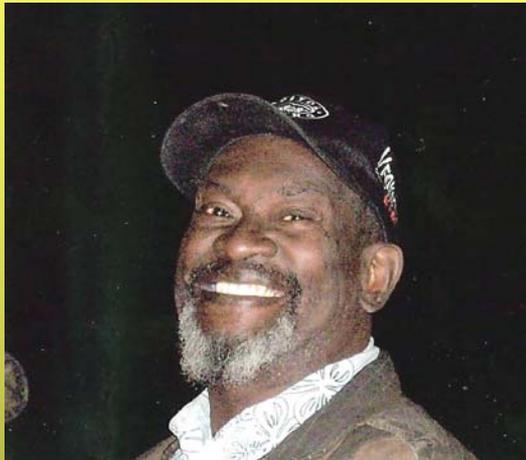
A Sincere "thank you" to everyone that donated equipment, time and money to help make our trip possible. Michal's parents were able to cover half the cost of the campground, for that I am truly grateful.

The buzz of story telling, grins and more laughter than I've ever heard fill the houses; makes all the hard work worth every minute.

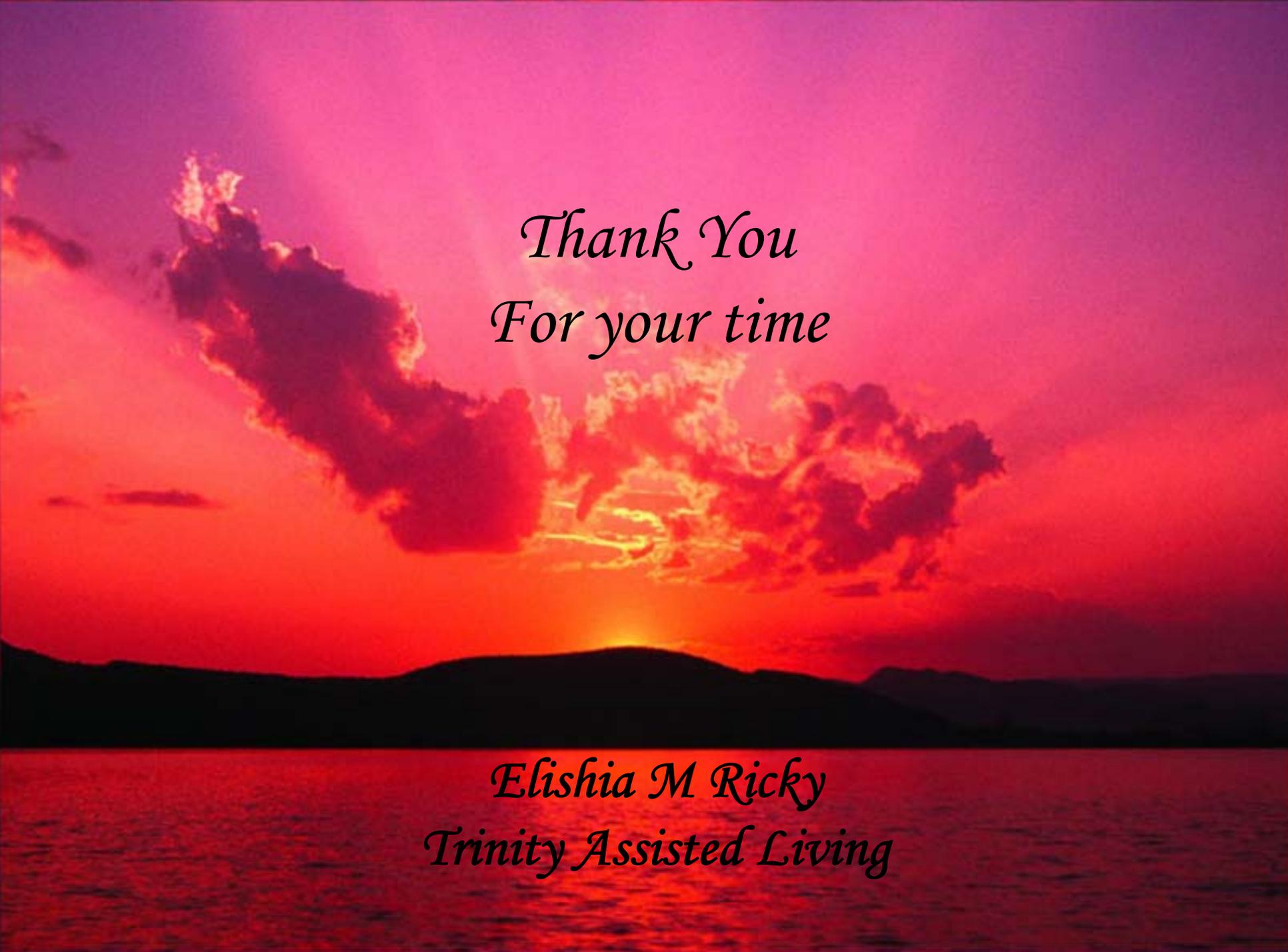
Things To Remember

- Let residents be involved as much as possible in all steps of an activity
- Something that may seem so simple to you, may be a great deal to someone else
- I have fewer 'behaviors' for about 3 days prior to a big activity; and for about 4 days after

Purpose



- An Activity is your avenue to show each resident that you care about them, and want to facilitate their happiness, independence and individuality



*Thank You
For your time*

*Elishia M Ricky
Trinity Assisted Living*