Awakenings

Enhanced Activities:
Suggestions for Activities for Selected Residents

As residents become "awakened" from reductions of potentially sedating medications; and their physical functioning improves through rehab nursing care, they will need meaningful activities to help treat underlying causes of behavioral symptoms. Underlying causes such as anxiety due to not being able to process the environment (e.g., dementia), depression, boredom or loneliness are often treated successfully with meaningful activities.

Once a resident has been selected and assessed by the interdisciplinary team (IDT), the Project Lead (or designee) communicates with other team members to make suggestions on which enhanced activities could be incorporated into the resident's care plan. These activities are intended to provide alternative interventions to psychotropic medications or other potentially unnecessary medications that have been prescribed to treat a resident's behavioral symptoms.

The rehab aides may provide enhanced activities and/or help coordinate with the facility's Activity Director, volunteers, or other staff to provide meaningful activities for residents selected for the Awakenings program. When rehab aides provide an activity, either one-to-one or in small groups of four or less people, it could quality as rehab nursing if certain criteria are met.

Suggestions for enhanced activities include:

- Aroma therapy;
- Arts and crafts;
- Pet therapy;
- Massage;
- Music therapy;
- Reminiscence;
- Exercise groups;
- Going for walks outdoors;
- Providing a laundry basket of items to hold and rummage through;
- Your own creative ideas.

The following pages contain information and sample protocols on just some of the enhanced activities available for the team members to consider based on the resident's individual assessment.

Simple Pleasures

Think back to when you were a child and all the simple pleasures you found: watching ants build their house, lying under the stars, running outside in the rain, licking a lollipop, eating ice cream, walking through tall grass, finding a new flower, searching for beautiful rocks – simple pleasures we need to relive again.

A simple pleasure for an older person might be those things, and it might be having their hair combed slowly, getting a back rub, feeling lotion rubbed into their hands, receiving flowers, getting their teeth brushed gently, eating with a friend – the list is endless.

Focus on simple pleasures – it's not spending hours organizing a big party or buying the person a whole new wardrobe. It's all about fulfilling basic needs to the fullest. It's as simple as cleaning someone's glasses. You will be amazed by the gratitude you receive now because they can see better.

It's truly a gift, especially in the last stages of Alzheimer's, to understand the importance of simple pleasures. (Creating Moments of Joy, 4th ed., Jolene Brackey, page 212.)

Balloon Volleyball

POLICY:
It is our policy to provide recreational programs and opportunities for the residents. The objectives of this game are to enhance cardiovascular and physical condition, assist with range of motion and hand/eye coordination and interjecting fun smiles, and laughter.

PROCEDURE:

1. **Location and Room Set-up:**
   a. Lounge areas, outside, dining room
   b. Move tables and chairs-set up space prn.
2. **Equipment/Materials:**
   a. Volleyball net – activity storage room if you choose
   b. Slo-Motion Balloon – inside box with net or balloon with beads or bell placed inside
3. **Volunteer/Staff Interaction:**
   a. No volunteers needed
4. **Preparation Time:**
   a. 10 minutes prior to bringing residents into dining room set-up (if you choose add water to the 2 blue base supports), move tables and chairs, and blow up balloon
   b. 15 minutes prior to activity start time bring residents out to activity
5. **Program Procedure:**
   a. Divide residents equally on both sides of net.
   b. Explain recreational program to residents:
      i. Residents hit ball over net
      ii. Residents on other side of net hit ball back
      iii. Continue hitting ball back and forth
      iv. If ball falls on floor or behind residents, retrieve for residents
      v. No score is kept
      vi. Encourage and praise residents as they hit the ball back and forth
6. **Time Frame:**
   a. Program lasts 30 minutes after start time
7. **Closure and Clean-up:**
   a. Praise and thank residents for their participation
   b. Praise and thank volunteers for their assistance
   c. Inform residents of next activity with location
   d. Assist residents from area
   e. Remove water from blue bases
   f. Take air out of balloon and return to box with net
   g. Put net and bases back in box and return to storeroom downstairs
   h. Return tables and chairs back to their original locations
8. **Documentation:**
   a. Record each participant on attendance record noting level of participation

Cooking

POLICY:
Preparing family meals is an activity with which many residents identify. The objective is to provide a connection to past roles while encouraging socialization and a feeling of accomplishment.

PROCEDURE:

1. **Location and Room Set-up:**
   a. Dining room, activity room, lounge areas
2. **Equipment/Materials:**
   a. Cooking cart from dietary
3. **Volunteer/Staff Interaction:**
   a. Staff will conduct activity
4. **Preparation Time:**
   a. Provide recipe to Dietary department at least one week prior to activity.
   b. 10 minutes prior to activity start time bring residents to location
5. **Program Procedure:**
   a. Have all residents wash hands with instant hand sanitizer, and put on gloves. Anytime a resident touches their face or area other than the food have them take off their gloves, wash their hands and put new gloves on.
   b. Explain recipe to residents
   c. Have residents assist with process as much as possible.
6. **Time Frame:**
   a. Program lasts 15-45 minutes after start time
7. **Closure and Clean-up:**
   a. Praise and thank residents for their participation
   b. Have residents wash hands
   c. Inform residents of next activity with location
   d. Wash table, sweep up floor
   e. Clean area- Including counters, sink and stove/oven.
   f. Take cooking cart back to kitchen
   g. Assist residents to their rooms or next activity
8. **Documentation:**
   a. Record each participant on attendance record noting level of participation

Morning Stretch

POLICY:
It is our policy to provide recreational programs and opportunities for the residents to remain active. The objective of this activity is to provide stretches and exercises that encourage physical stimulation and promote self-esteem.

PROCEDURE:

1. **Location and Room Set-up:**
   a. Chapel
2. **Equipment/Materials:**
   a. None needed
3. **Volunteer/Staff Interaction:**
   a. No volunteer assistance needed
4. **Preparation Time:**
   a. Prior to leading activity the leader should familiarize themselves with stretches and exercises that are appropriate for the residents
   b. 20 minutes prior to start time bring residents to chapel
   c. Move furniture as needed to allow room for residents
5. **Program Procedure:**
   a. Lead the exercises
   b. Demonstrating each one as the activity progresses
   c. Ask residents to stretch various parts of their body
6. **Time Frame:**
   a. Program lasts 15-20 minutes after start time
7. **Closure and Clean-up:**
   a. Praise and thank residents for their participation
   b. Inform residents of next activity with location
   c. Assist residents back to room or to next activity
   d. Return furniture to original arrangement
8. **Documentation:**
   a. Record each participant on attendance record noting level of participation

Pet Therapy

POLICY/PURPOSE:
To provide in-house pet therapy for residents, maintaining a safe clean environment while providing the stimulation and affection of a pet.

PROCEDURE: A “pet” may be a live animal, stuffed animal, battery operated “pet in a bed”, etc. The type of “pet” offered to a resident is based on the person’s preferences and individualized assessment.

Pet therapy may be provided by a trained therapist on an individual basis or in a group setting.

If live animals are used, a copy of immunizations will be required prior to arrival and will be kept on file for each visiting pet. Annual and as needed exams will be arranged when needed for the facility animal or resident’s pet.

According to regulations, pets are not allowed where food is prepared or stored.

Pets will not be allowed in dining areas when food is being served and eaten. Staff and residents are instructed not to feed pets table foods.

Care and feeding will be provided by nursing home staff.

Staff will honor requests from residents regarding pets in compliance with resident’s rights

Residents will wash in hand washing sinks with soap and water or may use waterless alcohol based hand wash after each pet visit.

Reminiscence / Sensory / Discussion Groups

POLICY:
It is our policy to provide supportive programs to Residents with impaired cognitive and perceptual abilities. The objective of these programs is to promote awareness, responsiveness, and program participation through stimulation and communication.

PROCEDURE:

1. **Location and Room Set-up:**
   a. Lobby/lounge areas, 1:1, or dining room
   b. Arrange wheelchairs and chairs to form a circle
2. **Equipment/Materials:**
   a. Sensory kit located in activity room or reminisce magazine
   b. Activity attendance record
3. **Volunteer/Staff Interaction:**
   a. No volunteers needed
4. **Preparation Time:**
   a. 10 minutes (25 minutes before start time) to set up room and choose topic with materials needed
   b. 15 minutes prior to activity start time invite, remind and assist residents to the Solarium
5. **Program Procedure:**
   a. Explain recreational program policy, procedure and time frame to residents:
      i. read, play music or describe topic
      ii. allow residents each time to respond to topic
      iii. ask questions to activate each residents memory and creative abilities.
6. **Time Frame:**
   a. Program lasts 30-45 minutes after start time
7. **Closure and Clean-up:**
   a. Praise and thank residents for their participation
   b. Inform residents of next activity with location
   c. Assist residents out as needed, assist residents back to rooms or to next activity
   d. Return furniture to proper place
   e. Return cassette player to TR Office
8. **Documentation:**
   a. Record each participant on attendance record noting level of participation

Sing-a-longs

POLICY:
It is our policy to provide residents music experiences. The objective is to allow residents the opportunity to relax, reminisce and will provide mental stimulation as well as provide solace.

PROCEDURE:

1. **Location and Room Set-up:**
   a. Dining room
   b. Tables are kept in place and residents are seated at tables
2. **Equipment/Materials:**
   a. Stereo located in dining room
   b. Song books and coordinating cassette – located in activities
   c. Activity attendance record
3. **Volunteer/Staff Interaction:**
   a. No volunteers needed
4. **Preparation Time:**
   a. 10 minutes to retrieve songbooks, cassette tape and get the stereo set up
   b. 20 minutes prior to activity start time invite, remind, and assist residents to dining room
5. **Program Procedure:**
   a. Explain recreational program policy, procedure and time frame to residents:
      i. Pass out song books
      ii. Assist residents opening song books and assist and remind to turn pages
      iii. Start tape, make sure volume is loud enough for residents to hear
      iv. Announce each song
6. **Time Frame:**
   a. Program lasts 30-45 minutes after start time
7. **Closure and Clean-up:**
   a. Praise and thank residents for their participation
   b. Inform residents of next activity with location
   c. Assist residents out of dining room as needed, assist residents back to rooms or to next activity
   d. Rewind cassette and return with books to storeroom
   e. Shut off stereo and secure cabinet
8. **Documentation:**
   a. Record each participant on attendance record noting level of participation

To Go Cart Activities

POLICY:
It is our policy provide supportive programs and activities to residents. The objective of this activity is to meet the residents on their level in a location in which they are comfortable. To Go Cart activities will provide the same small group activities for residents and allow for different levels of participation through stimulation and communication. The To Go Cart activities will be based on themes such as playing hands, aroma-therapy, brain teasers and sing-a-longs.

PROCEDURE:

1. **Location and Room Set-up:**
   a. Any area
   b. No room set up necessary
2. **Equipment/Materials: (Based upon theme)**
   a. Aroma-therapy: Scented lotions, scented candles, spices, other scented items as needed
   b. Sing-a-long: Song books and coordinating cassette – located in activities storeroom downstairs
   c. Brain teasers: Trivia and word games, other items as needed
   d. Playing hands: Balloons, bean bags, other items as needed
   e. Utilize activity office or activity supply storage closet for equipment
3. **Volunteer/Staff Interaction:**
   a. Volunteers as needed
4. **Preparation Time:**
   a. 10-20 minutes (depending upon theme) to gather supplies
5. **Program Procedure:**
   a. Locate residents
      i. Assess their level of interest/activity level/cognitive awareness
      ii. Determine amount and type of programming to be provided
   b. Engage residents
   c. Provide activity
   d. Comfort residents
   e. Praise and thank residents for their participation
   f. Inform residents of next activity with location
   g. After completing activity, repeat the steps. Locate another group of residents, assess their levels, and provide activity
6. **Time Frame:**
   a. Program lasts 15-20 minutes after start time
7. **Closure and Clean-up:**
   a. Assist residents as needed, assist residents back to rooms or to next activity as needed
   b. Return furniture to proper place
   c. Return supplies to Activities Office or supply closet
8. **Documentation:**
   a. Record each participant on attendance record noting level of participation