

Therapeutic Interventions, Activities, and Communication

Learner Workbook



UPDATED JUNE 23, 2011



Care and Compliance Group™ • 800.321.1727 • www.careandcompliance.com

ACTIVITIES

Having a meaningful activity program is important to help meet our resident's psychosocial needs. Activities defined – "energetic, action or movement....specified form of supervised action." Activities involve:

- Doing things
- Establishing purpose
- Promoting health and well being
- Meeting expectations
- Creating lifestyle and choice

Activities can be:

- Physically stimulating
- Mentally challenging
- Organized or spontaneous

Here are some activity core program categories to include for residents with dementia care:

- Cognitive/Mental
- Physical--large and fine motor skills
- Life Skills/Work activities
- Cultural and religious
- Sensory and perceptual
- Pet care
- Individual and group activities
- Outdoor activities

We will take a look at each of these programs in more detail.

Cognitive/Mental

- One suggestion is to create an educational center for the residents to enjoy. Some adults enjoy continuing education and look forward to little bits of trivia and history.

Physical/Large and Fine Motor

- Motivating residents to get involved in physical programs can sometimes prove to be a challenge. Offering a variety of programs will offer residents a balance of large and fine motor activities.

Life Skills/Work Activities

- Re-creating a work environment or a room familiar to the resident, such as a laundry room, kitchen, or a garage may provide the stimulus of re-enacting a life skill specific to their interests.

Cultural and Religious

- Offer programs that are specific to the individual's cultural and religious background.
 - It is important for the staff, family, and volunteers to respect a resident's willingness or refusal to engage in programs.

Sensory and Perceptual

- This type of programming occurs through the senses and/or through the mind.
- An example could be to offer a gentle hand massage with scented lotions and reminisce about the present memories of the resident
 - Caution: Don't use too many aromas that may overwhelm the resident.
 - When using aroma therapy with a resident, you should have resident consent.

Pet Care

- The act of nurturing is enjoyed by many.
- Some communities have a house pet and others prefer to have pets that only visit.
- In fact, some of the residents may enjoy a stuffed animal as opposed to the real one.
 - A resident with allergies to animals or fear associated to animals may still be able to enjoy the comforting effect.

Individual and Group Activities

- Scheduled individual and group activities should take place each day.

- Group programs might be instructional, competitive, clubs, or a performance of some type.

Outdoor Activities

- Outdoor programming is essential to creating some normalcy in the everyday life of the residents in the community.
- Weather permitting, schedule daily walks through the outdoors, have relaxing sounds of nature, and provide comfortable clothing for the residents to enjoy on their journey.

Here is a list of things to consider when you are programming activities for residents with dementia:

- Recognize activities as “treatment”
- Shift the mindset from medication management to alternate approaches
- Cross-train care staff to frame activities as part of treatment
- Include activities for behavior management in the activities programming
- Accommodate resident deficits, include difficulty communicating
- Offer activities that are socially based
- Create a family experience
- Construct activities with routines, yet maintain flexibility
- Activities should meet residents needs (physical, social, spiritual, intellectually)
- Create an activity environment that is calm, yet stimulating
- Offer resident comfort
- Encourage creativity
- Include activities that may improve memory
- Offer an array of choice
- Present failure free programming that builds trust
- Offer ongoing activities throughout a 24-hour period, as needed

As a reminder, dementia residents respond to routine. Take a look at the next page for an example.

- Program routine should flow easily to maintain a calm, casual, non-demanding atmosphere.
- Program routine should meet all the resident needs, provide stimulation, and be fun.
- Program routine should be flexible as needed.

A Day in the Life of....

Here is an example of dementia programming:

- 7:30 Breakfast
- 8:30 Coffee Clatch
- 9:00 Sittersize
- 9:30 News and Tidbits
- 10:00 Outdoor stroll
- 10: 30 Smoothies
- 11:00 Small groups/clubs/word or table games
- 11:45 Lunch time preparation
- NOON Dining in country kitchen

- 1:15 Outdoor patio music
- 2:00 Competitive large group game
- 2:30 Refreshments
- 3:00 Cluster programs
- 4: 00 Sing a long
- 4: 30 Preparing for supper
- 5:00 Supper
- 6:30 Movie
- 7:00 Readings
- 7:30 Refreshments
- 8:00 Massage/relaxation
- 8:30 After Hours Club – one-to-one