

Meaningful Recreational Activities: A Thirty Minute Inservice for Facility Staff

Activity Directors are required to provide inservices to educate the facility staff regarding various approaches to providing individualized and meaningful activities. Below are a few ideas that you can share with facility staff. This will only take about 30 minutes or less and can be done directly on the nursing unit or nearby conference room.



Benefits of Meaningful Recreational Activities

Improved Cognitive Skills

- Ability to follow simple directions
- Communication
- Interpersonal Skills
- Decision Making
- Attention Span
- Sensory Awareness
- Environmental Awareness
- Ability to make needs known
- Memory Skills
- Self-Expression

Improved Physical Skills

- Fine/gross motor skills
- Endurance
- Mobility and Range of Motion
- Hand/Eye Coordination
- ADL Skills/Body Awareness
- Strength and Flexibility
- Sleep Patterns
- Skin Integrity
- Appetite
- Incontinence
- Decrease use of pain medications



Improved Emotional Well-Being

- Socialization
- Motivation
- Creative Expression
- Self Esteem and Confidence
- Depression
- Boredom
- Stress Management Skills
- Decrease Learned Helplessness
- Increased Independence



Decreased Behavior Issues

- Wandering
- Sundown Syndrome
- Agitation
- Anxiety
- Repetitive Motions
- Yelling and Screaming
- Use of physical restraints
- Use of chemical restraints

Examples of how YOU can enhance a resident's quality of life through meaningful recreational activity

One to One Visits

- Have friendly conversation such as talk about resident's favorite interests, their family, etc.
- Play a quick game of cards or other game
- Talk about current events, facility news, or read a quick story
- Bring outside, to the activity room, lobby, etc.

Tactile Stimulation

- Give a hug, hand massage, or hold hands
- Offer a variety of tactile equipment



Environmental Awareness

- Talk about the environment i.e. Do you hear that music?
- Inform the resident that the Activity Room is down the hall, etc.
- Point out facility signs such as bathrooms, dining room, phone, etc.
- Divert to fish tanks, rummage areas, multi-sensory rooms, birds, plants, etc.

Music/TV/Movies

- Put on appropriate music or television stations in resident rooms or the day room.
- Remember that, each resident or patient has a preference.
- Ask the Recreation staff for specific details.

Parallel Programming

- Work with residents who are not involved in the group activity.
- Group/separate residents according to functional abilities and interests
- Provide activities that meet the interests and abilities of the residents such as hand out magazines/books, offer pictures to color, provide manicures, encourage residents to put on makeup or comb hair, table games, diversional/sensory activities, range of motion, massages, talk one on one with residents, etc.) Provide any activity the resident would enjoy!
- Utilize supplies in dayroom; return when finished
- Encourage resident independence
- Adapt activities and/or use adapted equipment



Other Interventions

- Assist recreation staff with motivating residents to participate in activities.
- Assist in transporting residents to the day room or to special events.
- When applicable, monitor safety and positioning of residents; release restraints
- “Talk up” activities. Notify residents of the scheduled activities for the day.
- Help to motivate the residents and congratulate them on their achievements.
- Validate/re-assure cognitively impaired residents
- Your trash may be treasure! Bring in magazines, books, music, knick-knacks, videos, etc.
- Participate in large events such as parties, talent shows, BBQ’s, etc. It’s fun work!




ABOUT RE-CREATIVE RESOURCES & KIMSPARATION

Re-creating mind, body, & spirit



Re-Creative Resources is dedicated to assisting those on a journey of wellness, joy, and spirituality. Founded in 2006 by Kimberly Grandal, the company offered consultation, education, and resources for those who enhance the lives of the elderly in various health-care settings. Many thousands of recreational professionals from around the world have utilized these resources and trainings.

In 2012, the company expanded its services to include crystal resources, spirituality, and inspiration. This branch goes by the social media handle name of Kimspiration1111. Services currently include:

-  Resources and training materials for recreation and activity professionals.
-  Wonderful resources to aid in the exploration and growth of one's spirituality.
-  An on-line crystal store with a variety of crystals and gemstones.

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Many Blessings,
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