

THE 10 COMMANDMENTS FOR ACTIVITY PROFESSIONALS

Always do your best.

Your best may vary from day to day.

Leave your problems at home. Distress and stress will show in your face and body language.

Concentrate on the positives.

Are the negatives really worth focusing on?

When there is a “negative,” address it right away -- don't let tension build up.

Take time each day for the three ‘R’s’ -- relax, refresh and rejuvenate.

Aim for _____ minutes three times a day.

Decide what helps you and when (in your day) it works best.

Stick to your plan.

Include others in activity planning, preparation and participation.

Staff

Residents

Family members

Volunteers

Your friends

Students

Community

Value your profession and your work.

Always be proud of what you do and the meaning it has for your residents.

Inquire when you don't know something – you can't know it all.

Don't ever be afraid to admit you don't know something.

Teach others the importance of your profession – understanding is the key

Teaching is ongoing – everyday.

Incorporate new, original, and meaningful activities on a regular basis.

Creativity is the key -- look for new resources, brainstorm with others, and ask for input.

Enjoy your work.

Our profession helps others and provides enjoyment during the process.

Nurses, doctors, social workers, nursing assistants, physical therapists, dieticians, etc. – they provide a valuable service, but the resident may not necessarily enjoy the process/experience.

Spend quality time with residents, staff, volunteers, visitors, and residents' family members.

Remember quality (time) – not quantity.

Be in the present.