



Activities 2009

A Neglected Need



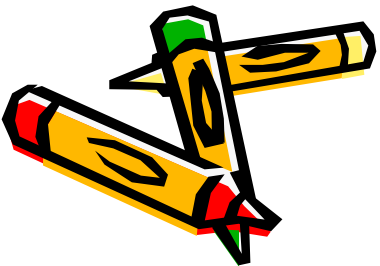
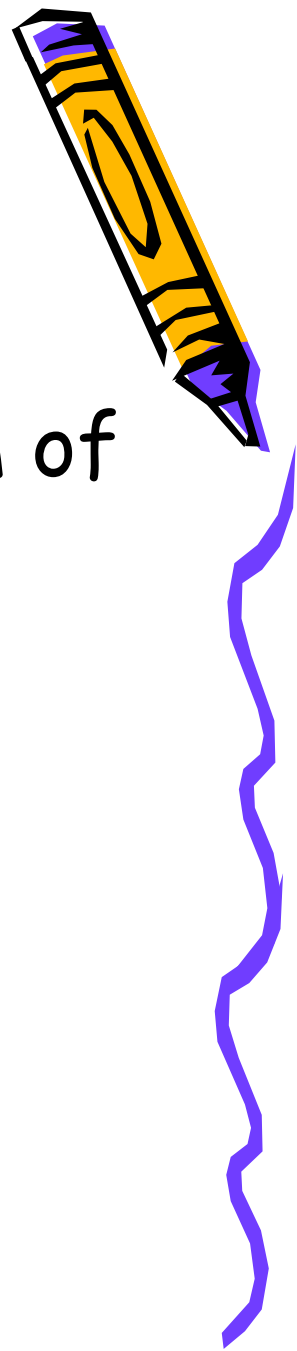
Objectives

- At the end of this session, each participant will understand;
 - the importance of providing meaningful activities to adult care home residents.
 - how to monitor activities to ensure compliance with regulations.

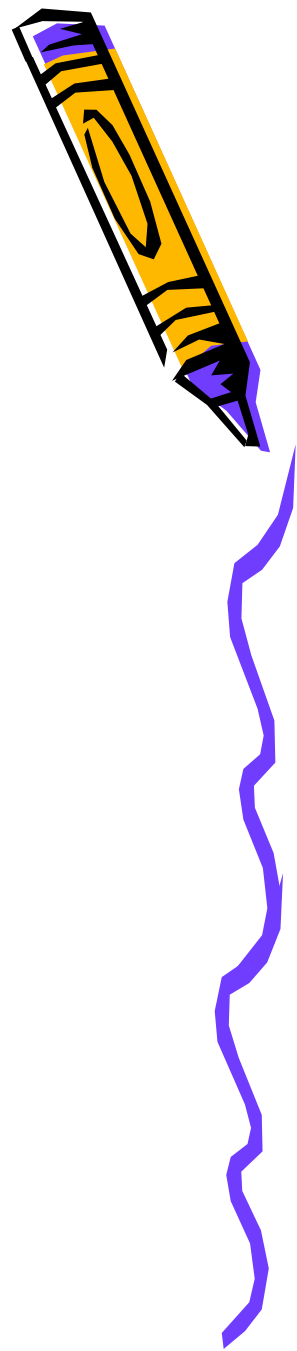


Activity Program

- Each home shall develop a program of activities designed to promote the residents' active involvement with each other, their families and community.
- 10A NCAC 13F & 13G .0905



Qualifications of the Activity Director

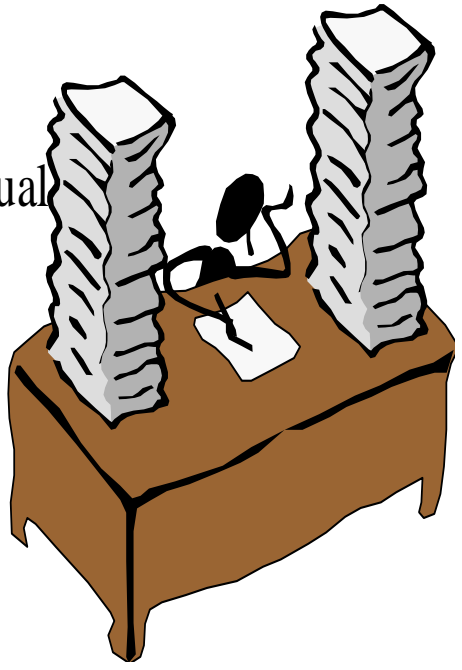


- 10A NCAC 13F & 13G .0404
 - shall meet minimum educational requirement, at least H.S. graduate , GED or alternative exam. (August 1, 1991)
 - Complete activity course within 9 months of employment (July 1, 2004)



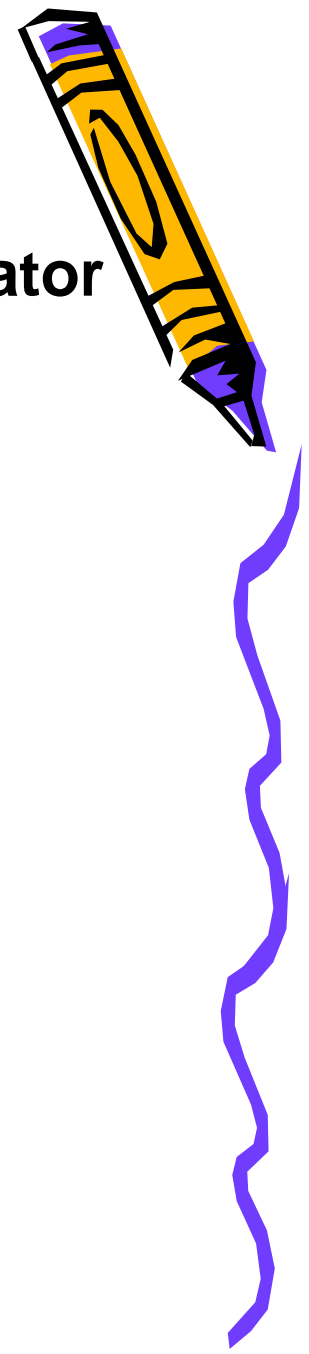
Document personal information
about each resident's interest and capabilities

Uses the information
to develop the individual
and group activities



Activity Coordinator responsibilities:

Prepare a monthly calendar



Involve community services



Evaluate and document the overall effectiveness of the activities program every six months.



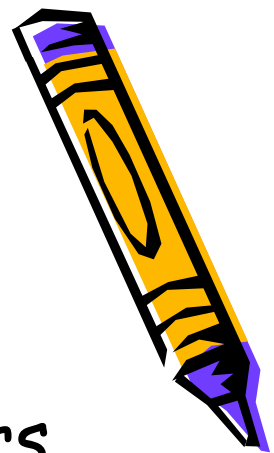
Assure that there are adequate supplies, supervision and assistance to enable each resident to participate in activities.



Encourage resident participation.



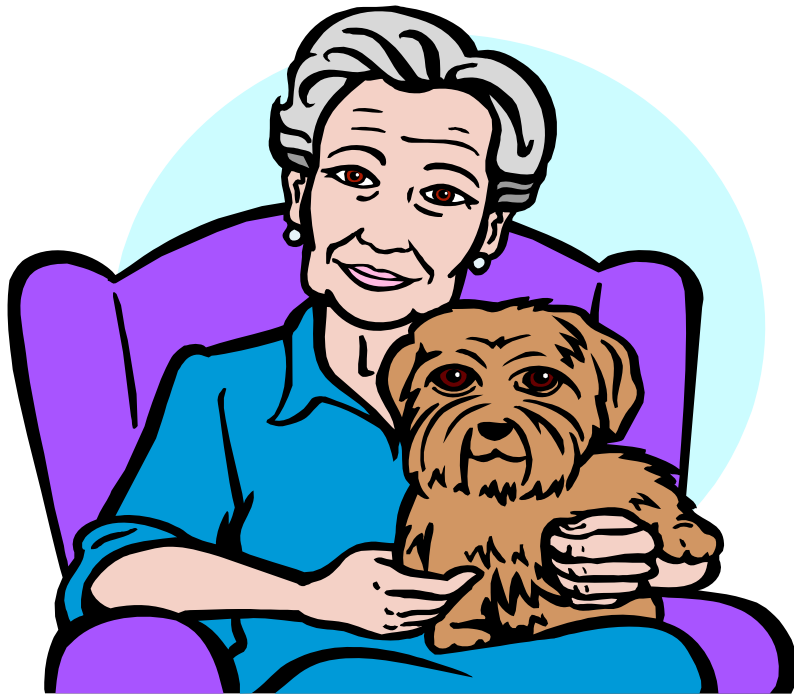
Activity Programming...



- Minimum of 14 hours of planned group activities per week to promote;
 - socialization, physical interaction, group accomplishment, creative expression, increased knowledge and the learning of new skills.



One to One Interactions



- That promote:
 - enjoyment, a sense of accomplishment, creative expression, increased knowledge and the learning of new skills.

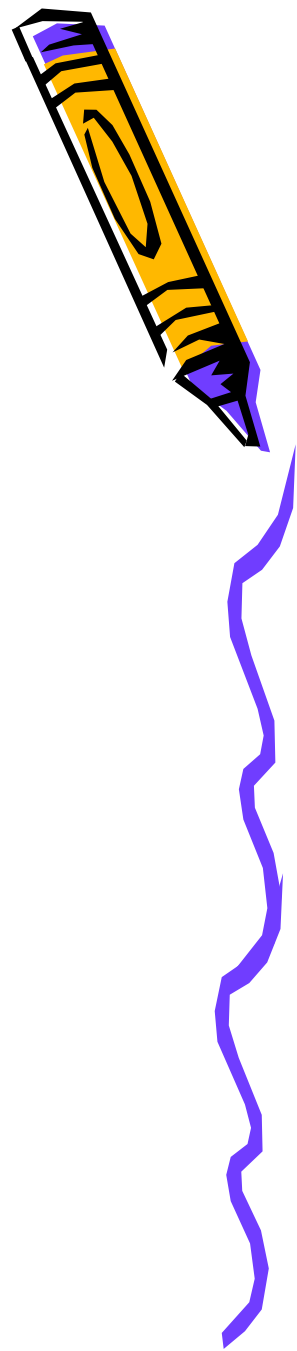


MONITORING SHOULD INCLUDE:

- Observation

- Interview

- Record Review



Observations...



- Do you see residents actively engaged in activities?
- Are there sufficient space, supplies and staff?
- What does the calendar list for today?



Observations...



- What is being offered to confused, bedfast or room bound residents?



Staff Interviews...

- How do you coordinate and provide out of facility activities?
- What methods are used to encourage and assist resident attendance?
- What activities are offered at night and on weekends?
- What activities are offered to residents with dementia?
- What activities are offered for residents who are bedfast/room bound?
- What are the qualifications of the activity director?



Resident & Family Interviews...



- What activities do you attend?
- What activities are offered that meet your interests?
- How do you know about the activity schedule?
- Do you attend out-of-facility activities? If no, why not?
- What activities are offered on weekends?
- What activities would you like that are not offered here?



Record Reviews...

- Is there documentation of residents' interests?
- Do activities reflect individual residents' history and residents' listed interests?
- Is there documentation of the 6 month evaluation of the activity schedule?

