

ACTIVITIES DEVELOPMENT

EFFICIENT AND EFFECTIVE
APPROACHES TO CREATING A
FLOURISHING ACTIVITIES
PROGRAM



Ellen Phipps



Katie Gilstrap



MISSION

To equip and affirm Virginia's
eldercare workforce community
to bring forth meaningful change.

gerontology.chp.vcu.edu/



VCU

Gerontology
Community and
Continuing Education



Ellen Phipps

1

- Define and explore activity development
- Review practical strategies and exchanging ideas



Katie Gilstrap

2

- Explore motivation and inspiration
- Discuss these attributes within the person-centered approach

AGENDA

CREATING A MEANINGFUL ACTIVITIES PROGRAM

Ellen Phipps, CTRS, MS

Gerontologist

Executive Director, *Aging Together*

VCU Conference

MARCH 20, 2024

Presentation Goals

1

Define “**meaningful activity**” as it is discussed in this workshop

2

Understand the concept of a **person-centered approach to activities** and why this is vital to successful programming

3

Assess, plan, implement and evaluate a successful, individualized program

4

Take **new information and ideas** back to your place of work

*I've learned that people will forget
what you said, people will forget
what you did, but people will never
forget how you made them feel.*

Maya Angelo

POLL

My role can best be described as:

- A. Activities Director in Assisted Living or Long-Term Care
- B. CTRS at Assisted Living or LTC
- C. Activities Director at Adult Day
- D. CTRS at Adult Day
- E. Other (*please describe in the Questions Tab*)

Why is your job important to YOU?

How does your perspective affect the program?

DISCUSSION

What are “activities”?



I. WHAT MAKES AN ACTIVITY *MEANINGFUL?*

Brings structure to the day

Provides sense of accomplishment / meaning, value; achievement

Reflects who we are – our hobbies, interests, personality (introvert / extrovert)

Expresses our inner life, emotions and provides opportunity to be creative

Contributes to life satisfaction by being stimulating and challenging

Provides a pleasurable experience and helps people to remember who they are

BENEFITS?



Mental stimulation



**Improves physical
activity and general
health**



**Promotes social
interaction which will
reduce feelings of
loneliness, isolation
and depression**



Improves sleep habits



Improves self esteem



DISCUSSION

Can you think of an activity you cannot live without and write what it does for your well-being?

INTENTION:
WHAT IS THE
PHILOSOPHY OF
YOUR
DEPARTMENT?

Can describe a guiding principle behind the program.

Can sum up why things are done a certain way.

Can describe what is believed to be true about programming activities for the cognitively impaired for example.

*The activities that make up a person's daily experience should reflect, as much as possible, that **individual's preferred lifestyle** while enabling a sense of **usefulness, pleasure, success, and as normal a level of functioning** as possible.*

ABAC Alzheimer's Activities Program

ACTIVITY PHILOSOPHY EXAMPLE

POLL

The activities program at my establishment is based on a person-centered care philosophy.

- A. True
- B. False
- C. Don't know

DISCUSSION

Let's take one or two philosophy statements used at your place of work...

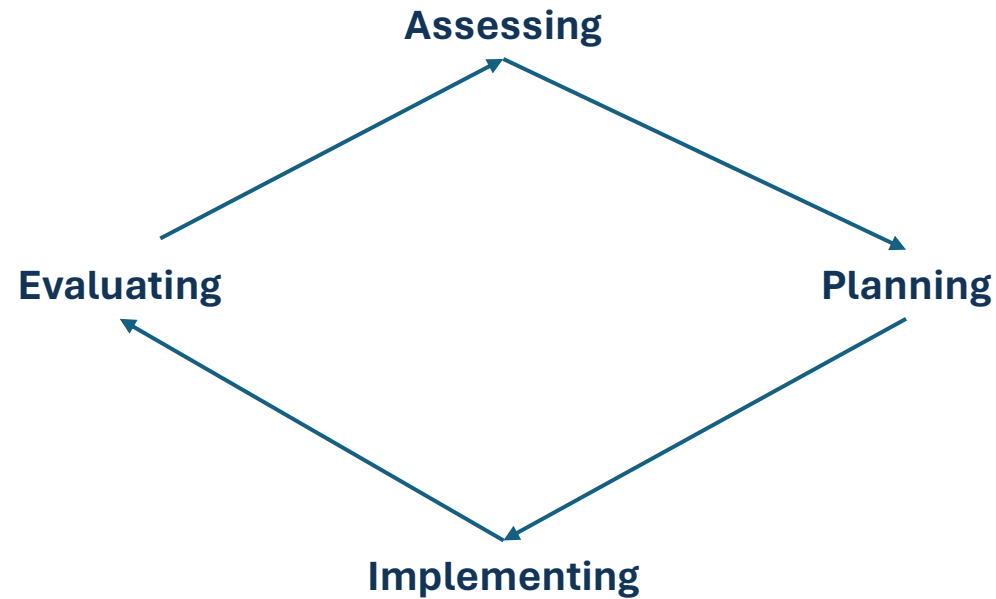
II. IS IT PERSON-CENTERED?

- Person-centered care is a philosophy of care built around the needs of the individual and contingent upon knowing the person through an interpersonal relationship.
- It challenges the traditional medical model of care that tends to focus on processes, schedules, and staff and organizational needs.
- It requires commitment from everyone within the organization, especially leadership. Whether referred to as “person-directed,” “resident-focused” or something similar, the core principles are essentially the same.

III. ELEMENTS OF A MEANINGFUL PROGRAM: THE ON-GOING CYCLE

Cyclical Nature of the Therapeutic Recreation Process

Austin, 1999



A. ASSESSMENT

The first step in designing a meaningful program is getting to know the individuals involved

We do this through:

Life Story

Focus on Strengths

Honoring personal preferences

POLL

A comprehensive activity assessment is used for each individual entering our program and updated every 6 months to a year.

☐ True

☐ False

☐ Don't know

ACTIVITY ASSESSMENT

**Medical
information**

**Physical
function**

Vision

Hearing

Background and family history

Social/Cultural

Occupational

Leisure interests – spiritual; creative, physical, intellectual, work related, etc.

Current Abilities – Cognitive, motor, sensory

Needs

Strengths

What is included in your assessment?

HELPFUL TOOLS GETTING TO KNOW YOU

- Where were you born?
- Where did you live - urban or rural? Farm?
- Family background?
- School days?
- Did you have a pet
- Married life / family / children
- Occupation?
- Hobbies?
- Social / Cultural / religious?



ASSESSMENT TOOL: LEISURE INTEREST SURVEY

PRODUCTIVE/WORK	NI	I	C	Additional comments
Car Care (wash, wax, mechanics)	X			
Computer		x		Needs help
Cooking	X			
Dishes – washing / drying	X			
Dusting	X			
Electrical work	X			
Farm Work	X			
Filing papers, office organization	X			
Fixing things	x			
Garden work, yard work	X			
Laundry – wash, fold	X			
Mopping floors	x			
Painting – house, indoor, outdoor	X			
Pet Care	X			
Polishing – shoes, silver, etc	X			
Sewing / mending	X			
Sweeping	X			
Tools / shop/ woodwork/ sanding				

SYMPTOMS AND STRENGTHS EXAMPLE: MIDDLE STAGES DEMENTIA

COMMON SYMPTOMS

- **Problems recalling current address, telephone number**
- **Confusion with date, time**
- **Difficulty choosing appropriate clothing**
- **Loss of recent experiences and surroundings**
- **Changes in sleep patterns**
- **Wandering or becoming lost**

COMMON STRENGTHS

- **Ability to express some thoughts, feelings or ideas**
- **Able to engage in conversation**
- **Visual awareness**
- **May be able to write**
- **May be able to read some words**
- **Able to enjoy some physical activity**
- **Able to recall some past memories**
- **Able to engage in modified work**
- **Able to recall familiar songs**
- **Able to gain pleasure from activity**

B. PLAN: INDIVIDUAL SERVICE PLAN

- Summary of information gathered in the assessment including what is meaningful to the individual
- Description of the strengths in all areas of function
- A written description of what services will be provided and who will provide them including opportunities for choice and independence
- When and where the services will be provided
- The expected outcome and date of expected outcome.

Service plans must be reviewed and updated at least once every 12 months; reevaluated as needed as the condition of the resident changes.

C. IMPLEMENTATION: Designing the Program

- Concurrent Programming and Activity Stations – freedom of choice
- Domains -for a balanced program
- Use of environment
- Breaking down tasks
- Mixture of social and individual activities
- Use of personnel – staff, families, volunteers
- **THE INDIVIDUAL PLAN OF CARE**

IMPLEMENTATION: DOMAINS

A WELL-ROUNDED ACTIVITY PROGRAM

PHYSICAL

- Activities that use gross and fine motor skills, “get the blood flowing” activities; produce endorphins

SOCIAL

- Activities that encourage social interactions from 1:1’s, to small group, to large group with a variety of people

COGNITIVE/ INTELLECTUAL

- Activities that encourage use of the brain, “thinking” activities

SPIRITUAL/ EMOTIONAL

- Activities that provide peacefulness, and connections to one’s faith or other spiritual practice

SENSORY

- Activities that encourage an individual to use all 5 senses

PRODUCTIVE/ WORK

- Activities that provide a sense of usefulness, “work”

RELAXING

- relaxation or entertainment, or just rest

CASE STUDY: SUMMARY OF PLAN FOR DR. DAVE

Dr. Dave, a resident of the assisted living facility is an 85 year old white male of the Jewish faith. He was born in Brooklyn, NY one of three sons.

He has an excellent relationship with his four children and 9 grandchildren, though only one child lives nearby. His wife of nearly 60 years died a few years ago.

He has always enjoyed going for walks and discussing politics. As a child he played the trombone and in fact, his music teacher was well known. He enjoys the music of 1920's and 30's. He is a retired family physician and loves to reminisce about his work. His life was full of early morning meetings; taking care of patients; making house calls; and he is use to being in charge. He spends much of his free time now painting but he also sleeps during the day and complains of feeling bored. He has never enjoyed group activity and refuses to attend the activity groups at the facility.

He is in the middle stages of Alzheimer's disease and requires cuing. He is still able to engage in conversation though the details are fuzzy. His vision and hearing are good. He also has good manual dexterity and mobility. He is still able to read.

**Dr. Dave's Individual
Plan of Care**





**WHICH DOMAIN?
A PERSONAL MEMORY BOOK**



**CHILDHOOD MEMORIES OF
EBBETS FIELD**



PAINTING ADAPTED

VIEWING ART ON THE COMPUTER



CONCURRENT PROGRAMMING



CONCURRENT: INTER- GENERATIONAL



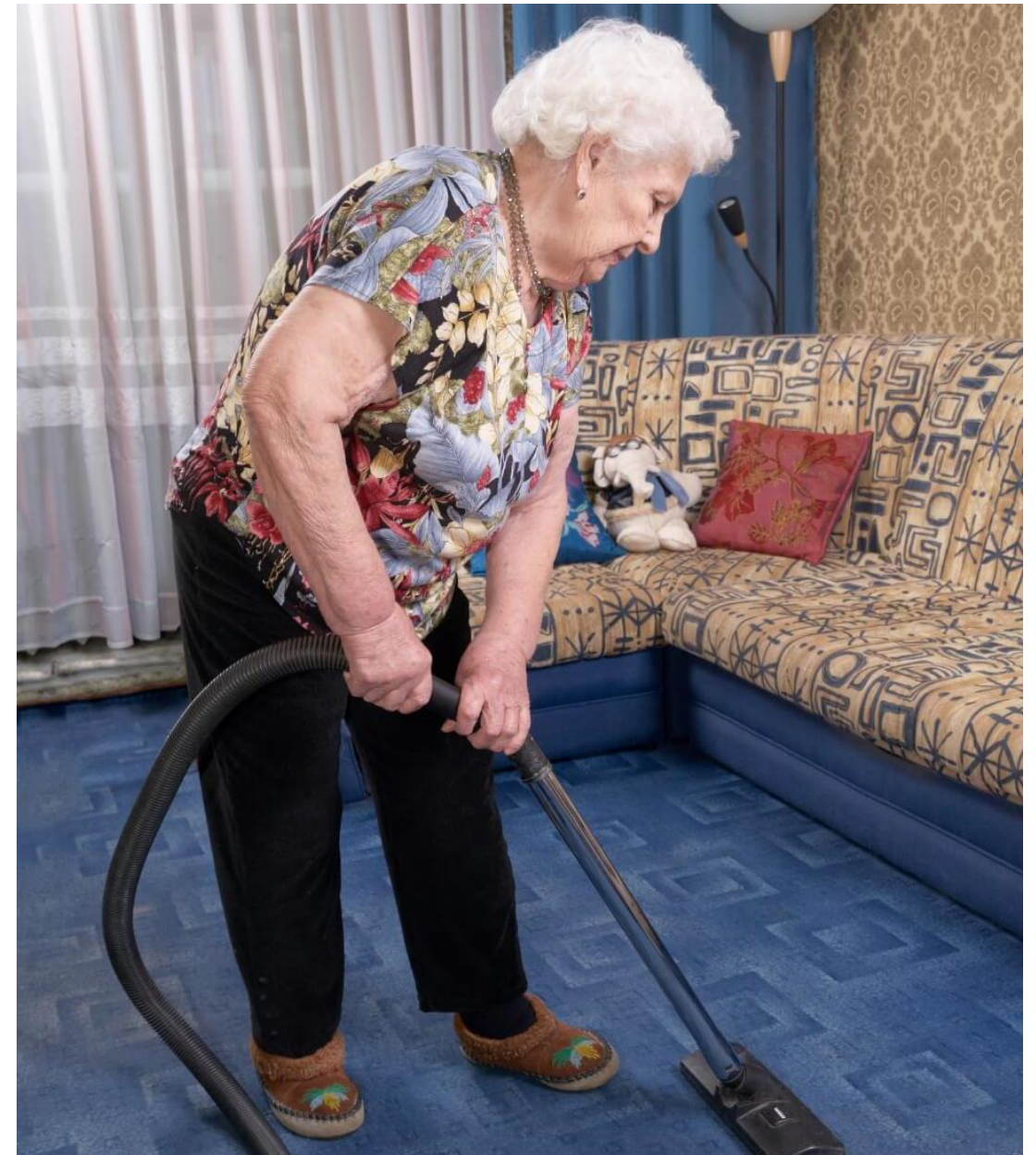
ACTIVITY STATION: WORK RELATED - CHORES

POLISHING SILVER



SHINING SHOES

DAILY CHORES



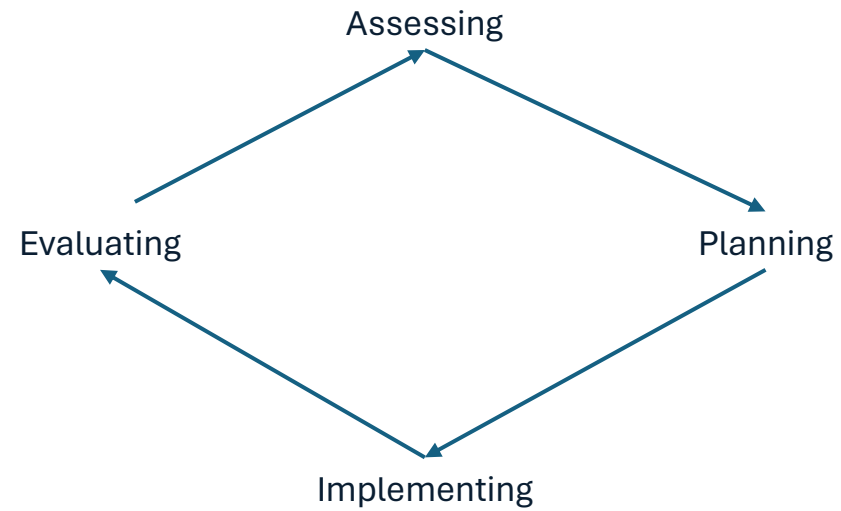
D. EVALUATION

WHY?	program strengths; is it working – doing what it is supposed to do? If not, opportunity to tweak it
WHAT?	How engaged are people? What is the impact?
WHEN?	During activities or following the program
HOW?	Through observation; surveys; speaking with individuals , families, staff. Focus groups; review of program documentation

THE ON-GOING CYCLE

Cyclical Nature of the Therapeutic Recreation Process

Austin, 1999



TIPS FOR SUCCESS

Keep it person-centered but be flexible!

Structure the day to support meaningful engagement where people feel productive and are valued

Focus on strengths

Encourage independence by honoring freedom of choice

Focus on “process” rather than finished “product”

Modify the Environment – both the physical and social ; provide a balanced program

Art Making and Commentary

LEISURE



SENSORY APRONS



Snoezelen Room



DOLL THERAPY



Robotic Companion Pets



iPadS and Tech!



SORTING



Judy Cleary:

Penny Ante: believe it or not, this simple activity can really build relationships if the leader asks good follow up questions and then includes other people in the group. It is good to keep in mind that although the residents live in the same community, they don't really know details about each others' past. This game asks questions like: "take a penny if you have ever milked a cow". If the person answers yes, you could follow up with "tell us about it - was this a one time experience or was milking cows a regular part of your life?". And then to include others, asking "did anyone else here ever milk a cow?". Sometimes, if the voluntary stories are slow, the leader could chime in with some stories. All you need is a few rolls of pennies. I recommend not giving prizes, just keep playing until "time is up".

Tia Henry:

Here at the Mac Brownell Adult Day Center, we believe in a warm and welcoming environment with lots of fun and laughter. We have a few games we have played a Pin Ball game with Tea Lights, and this gives them a nostalgic and reminiscent moment of the pin ball machine. We have played Snowman Table Bowling. A game called Toss a Tune made from black paper plates to look like albums. Arts and crafts that have been a hit we did something like a chia pet plant project called the Me-ia Pet Plants and this planter has a picture of our clients on each flowerpot and succulent plant for the hair like the chia pet. We play a Jumbo Size game of Group Crossword. Also, we play a game of Scrabble where we use large Magnetic letters that we created to play on a large white board. Music Therapy and Laugh Yoga are wonderful social activities for our center.

Kick ball in a circle
Indoor horseshoes
Indoor target games
Balloon toss
Ribbon Dance
Musical Chairs
Chair Aerobics
Chair Yoga
Ball throw
Hang around beams ball game
Basketball Toss indoors
Parachute lift
Word Games
Opposites '
Rhyming
Trivia
White Board word chain
Hang Man
Fill in the blank

Alphabet game Pass a ball
each one states a word to a
letter of the alphabet ex. A-
apple, B bat
Bingo
Regular Bingo
Color Bingo
Musical Bingo
Historical Bing ex. African
American
Holiday Bingo's
Medical bingo
Arts and Crafts
Drawing
Coloring
Adult coloring books
Clay molding
Painting watercolor, tempura
and oil
Wood crafts
Holiday crafts
Seasonal Crafts
Pinata
Quilting
Knitting

Science Experiments
Music Therapy
Instruments
Singing
Listening to music
Card Games and other
games
Solitaire
Uno
Skip Bo
Old Maid
Crazy 8's
Poker
Blackjack
Memory Find
Hearts
Spades
Dominoes
Yahtzee
Checkers
Chess
Chinese Checkers
Dice and number game
Monopoly
Battleship

Go Fish
Color Dominos
Guess the scent. aroma
therapy
Celebrations
Holiday Meals
Holiday Ice cream socials
Birthday celebrations
Special refreshment days
Church volunteers at
Thanksgiving and
Christmas
February African American
activities and programs
Senior Choir performances
Art shows
Anniversary celebrations
Cooking demonstrations

Carnell Lewis:

BRINGING IT ALL TOGETHER USING MONTESSORI APPROACH FOR PERSONS LIVING WITH DEMENTIA

<https://youtu.be/uWjsFONmnrA?t=238>

DISCUSSION

SHARE SOME TIPS BASED ON
YOUR EXPERIENCE!





Henry:

Music and Memory program

The power of music

VCU Gerontology Community and Continuing Education

VCU Gerontology Community and Continuing Education Program provides routine trainings and conferences in partnership with the VA Department of Social Services.

We strive to connect, empower, and engage Virginia's eldercare workforce communities.

VCU Gerontology Community and Continuing Education

Our mission:

**“Equipping and affirming Virginia's
eldercare workforce community to
bring forth meaningful change”**

is the foundation of all educational opportunities provided to care communities and beyond. This action statement embodies our goals, values, and commitment to this work.

NEW! Visit for the VCU Gero CCE YouTube Channel: youtube.com/@VCUGeroCCE

Check out our five-part series on **Compassion Fatigue**.

Upcoming series: **Leadership**

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The mission of the Virginia Department of Social Services (VDSS) is to **design and deliver high-quality human services that help Virginians achieve safety, independence and overall well-being.**

The Division of Licensing Programs (DOLP) strives to protect the safety, health, and well-being of adults receiving care in non-medical day facilities and residential programs in the Commonwealth of Virginia.

DOLP oversees the licensure and monitoring of two types of adult care facilities: Assisted Living Facilities (ALFs) and Adult Day Care Centers (ADCC). The division also provides training and technical assistance to these facilities.

VDSS partners with Virginia Commonwealth University, Department of Gerontology, Community and Continuing Education to develop, update, and facilitate training programs for licensed Assisted Living Facilities, Adult Day Centers, adult licensing staff, and others interested in long term services and supports in Virginia.

This long-standing partnership provides quarterly trainings in addition to required certification training for trainers and trainees for medication management and Individualized Service Plans (ISP).



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Residential Care/Assisted Living Exam Preparation Course

VCU's College of Health
Professions, 900 E. Leigh Street,
Room 8020

April 18, 2024
9:00 a.m. - 5:00 p.m.

In this day long class, you will receive:

Overview and in-depth review of all four domains of practice based on NAB competencies

Test-taking strategies to help you prepare for the day of the exam

Mindfulness strategies to help alleviate anxiety

One NAB practice exam

Practice applying skills throughout the course

Handouts to help aid self studying

Personalized training sessions

Were you aware that the **VCU Gero CCE team offers personalized training sessions?** Whether you have specific areas of interest or unique needs, we can tailor our trainings to suit you. Just let us know how we can assist you in checking this box off your list!

Furthermore, it's worth noting that our trainings fulfill the continuing education requirements for Nursing Home and Administrator Licenses in Adult Day Care, Assisted Living locations, and Skilled Nursing Facilities:

[18VAC95-20-175. Continuing education requirements. \(virginia.gov\)](#)

[18VAC95-30-70. Continuing education requirements. \(virginia.gov\)](#)

Contact us today at gerocce@vcu.edu!