

ACTIVITY RESOURCE LIST

Simple Activity Ideas Activities do not have to be expensive. Look around you, anything can be turned into an activity.

Gardening - let residents help both with indoor plants and outdoor gardening, reminisce about their or their families' gardens

Pets - live-in cats, dogs, birds and fish, let residents help or be in charge of feeding, brushing, taking outside, etc.

Discussion Groups - These are good for residents who say they cannot participate in activities because they cannot see well or are not physically able.

CURRENT EVENTS: Use the newspaper or news broadcasts such as "The Today Show" or "60 Minutes" to generate discussions about, and keep residents abreast of, what is going on in the world. This can easily be done daily around a meal time as there is always new material.

REMINISCE: Pick a different topic each time, i.e. your favorite teacher, your first sweetheart, your pet(s), your occupation, your parents' occupation, the house you lived in, games you played, hobbies, embarrassing moments, the scariest thing that ever happened to you, etc. Use ads from magazines or newspapers to reminisce about how prices, fashions, hairstyles and technology have changed. Reminiscing can easily be done anytime as topics are limitless.

TRAVEL/GEOGRAPHY: Highlight a different country at each session and supply information about the country's culture, environment, weather, etc. Ask residents to share information about places they have visited or lived. The library is a great resource for videos, travel books, encyclopedias, etc. You could have an ethnic meal relating to a country or area you and the residents have "visited."

READING TIME: Pick a book (a novel or non-fiction) and read to the residents a half-hour or more each day. Read poetry to the residents. Ask their opinion on various short readings. The library has endless material - you'll never run out!

MISCELLANEOUS TOPICS OF DISCUSSION:

-Read interesting "Dear Abby" letters and ask residents what advice they would give the writer, then read Abby's response.

-Have a "Chicken Soup for the Soul" hour once a week. Let a resident read and the group discuss.

-Generate discussions around various interesting questions such as: If you won the lottery, what would you do with the money? If you could visit any country in the world, which would it be and why? If you could have one hour with the President, what would you say? Who would you most like to meet and why?

-Have residents talk about their favorite movies and books.

-Ponder the universe and life on other planets.

-Discuss different religions of the world.

Sensory Stimulation - objects that stimulate the five senses:

Hearing - besides music and talk, listen to sounds outside or on cassette or video;

Sight - most items can be used for sight;

Taste - food and drink items can be used during holidays, perhaps follow a color

scheme, ie. an all red meal for Valentine's Day, study different countries, etc.

Smell - besides food, try potpourri and flowers, herbs and spices, perfumes, colognes and lotions, candles, etc.

Touch - play a game where residents are blindfolded or close their eyes in order to identify items by touch, focus on seasons, ie. let residents hold a pumpkin or crunch leaves in their hands, let them touch and smell a pine branch, etc.

Baskets and Boxes - fill a basket or box full of sensory stimulation items in general or around a theme, i.e. a tackle box with safe fishing objects for the men, or a basket of safe handwork items for the ladies, a hat box with scarves and hats for the ladies, a small suitcase with ties for the men, etc.

Holidays - plan activities around holidays, ie. have residents help plan meals and prepare food, focus on sensory stimulation, have a baking class, hold a trivia game on facts about holiday origins and customs, reminisce about memories of residents, make a craft related to the holiday, have an entertainer come and focus music, songs, stories around the holiday, read stories related to the holiday, find or create a game centered around the holiday, i.e. instead of yelling "Bingo", have residents yell "Thanksgiving", etc., have a dress day for the holiday, the ideas are limitless...

Cultural enrichment - highlight a different resident's culture each month, when you run out, highlight different cultures for fun

Maintain Lifelong Skills - encourage residents to maintain skills, set up residents to succeed, ask them for their help in areas of their expertise

Increase Feeling of Self-Worth - if residents are willing, give each a volunteer job in the home, ie. watering plants, setting the table, dusting, etc. The resident must be willing and this should be a part of the board and care plan. This cannot turn into residents doing work instead of staff, must be therapeutic.

Learn New Skills and Gain Knowledge - have classes for your residents, to learn a new language, a refresher course on English, a line dance class, an art class, a history class, nutrition classes, etc.

Games - Trivia, Spelling Bees, Word Games, Card games, adapt games to the level needed, ie. Pokeno is a simple card game for lower functioning residents: give residents four cards each, ask if they have a Jack of Hearts, or just a Jack, or just a red card.

Arts, Crafts and Baking - painting, drawing, chalks, water colors, adult coloring books, simple crafts (refer to catalog list for supplies), baking, adapt to residents' levels of functioning

Theme Days - Create activities around a theme day, ie. "County Fair Day" with bake sale, games such as water balloon toss, pie-throwing (with shave cream or whip cream on small Styrofoam plates), watermelon seed spitting, walker/wheelchair parades, pet dress-up with ribbons for "Most original," "Funniest," King/Queen of the Fair contest, etc.

Outings - If you have your own transportation, the sky is the limit: libraries, museums, zoos, movies, theater, concerts, shopping, seeing the lights, special events, etc.
- If you do not have transportation, check into RTD (limited transportation resource), and charter bus companies that might offer discounts or special deals (if residents are low income)

Community Activity Resources

Local schools: preschool, kindergarten, elementary, high schools, home schoolers
-Adopt-A-Grandparent programs, choirs, autobiography interviews, history class projects, drama club, gymnastics, drill team, marching bands, community service programs for credit

-Residents could attend functions, invite students to come to your facility, just have children come for a visit or go watch children on a playground.

Local colleges: Service clubs (ROTC, Poetry Club) are a great source of volunteers for theme days, Senior Prom dance partners, reading groups, pizza parties, etc.

Local sports teams: Take residents to watch Little League baseball games, swim meets, soccer games

Local churches - women's circles, youth groups, children's programs

Local entertainment - singing groups, barbershop quartets, mariachi bands, harps, fiddlers, guitarists, flutes, bands

Hold a recital in your home of local music students, i.e. piano, violin, etc.

VFW, Auxiliaries, Elks Clubs

Local beauty schools - hair styling, manicures

If residents belong to organizations, offer the group meeting space in your home/facility to enable the resident/s to attend

Dance groups - square dancers, folk dancing, cloggers, ballroom, tap dance, ballet, jazz

Boy Scouts, Girl Scouts

Libraries - delivery services, book mobile, Talking Books

Network with local fellow nursing homes, assisted living facilities or adult day programs, split the cost of an entertainer, supplies, swap ideas, borrow games, etc.

Invite participants from local adult day programs or small assisted living facilities to activities in your facility and to meet other residents.

Catalog Companies offering supplies, resources, books, etc.

Call for free catalogs. Use to get ideas and/or to order from.

Websites for resource material:

www.eldergames.com

www.homemods.org/library/carhom/part9b.htm

Activity Products International 1-800-541-9152, www.activityproductsintl.com

Benton-Kirby Wholesale Gift Shop Catalog 1-800-558-9917, www.benton-kirby.com

BiFolkal Productions 1-800-568-5357, www.bifolkal.org

Briggs Health Care Products 1-800-247-2343
Elder Song 1-800-397-0533
Gary Grimm & Associates 1-800-535-6260
Idyll Arbor Catalog for Elder Care and Long Term Care 206-432-3231
Hammatt Senior Products 206-428-5850
Nasco Activity Therapy Catalog (owner of Cross Creek as well) 1-800-558-9595
Oriental Trading 1-800-875-8480
S & S Worldwide Games Activities for Healthcare 1-800-243-9232
Sea Bay Game Co. 1-800-568-0188
Geriatric Resources Company, Sensory Stimulation Products 1-800-359-0390,
www.geriatric-resources.com

Available Programs

The Eden Alternative: a new working paradigm to improve quality of life by making facilities habitats for human beings rather than institutions and to eliminate loneliness, helplessness, and boredom through companion animals, the opportunity to care for other living things (ie. plants and animals) and variety and spontaneity often brought about by children.
607-674-5232

AARP Gerontological Resource Info. Center 202-434-6240, AARP Reminiscence Program, www.aarp.org/research (for topics related to elders), 1-888-687-2277

Bible Alliance, Inc. free cassette Bibles and Bible messages for the visually impaired and print handicapped 813-748-3031

Local pet programs, contact animal shelters

Newscurrents weekly film on current news 1-800-356-2303

RSVP Retired Senior Volunteer Program - check for local listing;
www.seniorcorps.org/joining/rsvp/ and click on "Colorado"

Spinoza the talking stuffed bear - has cassette tape player inside 1-800-CUB-BEAR

Volunteer information: American Red Cross, 7410 Lockport Place, Lorton, VA 22079

Activity Newsletters

Call for a sample newsletter. These offer activity ideas, list special dates, include games, trivia, baking ideas, etc.

- A New Day: The Magazine for Activity Professionals 1-800-442-1614
- Activity Director's Guide 702-358-1554, 1-800-354-3371, www.care4elders.com
- Creative Forecasting A Monthly Publication for Act. & Rec. Professionals 719-633-3174
- The Anderson Planner 715-635-9724
- Wiser Now Alzheimer's Disease Caregiver Tips 1-800-999-0795

Activity Journal

The Haworth Press, Inc. provides professional publications including the journal Activities, Adaptations and Aging 607-722-5857

Professional Organizations

Alzheimer's Association 1-800-272-3900
Rocky Mountain Chapter 303-813-1669

National Association of Activity Professionals (NAAP) 865-429-0717
5530 Sevierville, TN 37862

- National lobbying group, offers workshops, annual convention and bi-monthly newsletter.
- Has 17 Special Interest Groups.

National Certification Council of Activity Professionals (NCCAP)
P.O. Box 62589, Virginia Beach, VA 23466 757-552-0653

- Provides certification and education information.
- Activity Professionals Training Course availability information.

Colorado Assisted Living Association (CALA) 800-866-3142

- Has local chapters
- Provides monthly meetings with speakers, networking

Colorado Activity Professionals Association (CAPA)

For contact info go to: www.thecapa.org/chapter_officers.htm

P.O. Box 573, Englewood, CO 80151

- Has 8 chapters: Boulder, Denver, Eastern, Northeastern, Northern, Southern, Southwest, Western Slope
- Offers monthly newsletter and education sessions/networking, workshops, an annual convention and free use of the CAPA Resource Library.

Colorado Therapeutic Recreation Society a branch of the
Colorado Parks and Recreation Association 303-231-0943

Colorado Gerontological Society 303-333-3482

- Offers 30 hr. PCBH Operator Training and periodic educational opportunities.

Assisted Living Federation of America (ALFA) 703-691-8100

- National assisted living association. Offers annual conference, training videos, provider advocacy and membership services.

Colorado Association of Homes and Services for the Aging (CAHSA) 303-837-8834

- Offers education, annual conference and membership services. Affiliate to ALFA

Colorado Health Care Association (CHCA) 303-861-8228

- Offers education, annual conference and membership services.

Adaptive Clothing

Call for free catalogs.

Adaptogs, Inc. 303-246-3761

Avenues Unlimited 805-484-8138,

Buck and Buck 1-800-458-0600, www.buckandbuck.com

Clothes You-Nique, Inc. 1-800-767-7711
MJ Designs 1-800-722-2021, www.mjdesignsinc.com
Wardrobe Wagon 1-800-992-2737, www.wardrobewagon.com
We Care Fashions 1-800-779-2594, www.wecarefashions.com
Wheelies Bentwear 503-368-2448

Education/Speaker Resources

Many people enjoy learning at all ages. Residents may enjoy topics such as Resident Rights, Advanced Directives, nutrition, exercise, healthy aging, as well as history, perhaps a second language. There are unlimited ideas.

Local Ombudsman Program

- Speakers on Resident Rights
- Colorado has available a video called
"Making It Home:" Resident Rights in Board and Care and Assisted

Living

Local mental health center
Local Social Services and Adult Protection
Local Area Agency on Aging
Hospital Associations i.e. Advanced Directives
Local hospitals, county nursing services, emergency medical services
Department of Developmental Disabilities
Local speakers bureau
Local colleges and universities
Local museums, historical societies

If you have questions, please feel free to contact anyone in the Assisted Living Program at the Health Facilities Division, Colorado Department of Public Health and Environment, 303-692-2800

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