

INTERPRETIVE GUIDELINES  
ACTIVITY PROGRAM

**Chapter VII Assisted Living Residences revised regulations, 5/30/04.**

Tag # P0012

1.102 (3) (b) (ix) *“Activities of daily living” include but are not limited to the following: ... Making available, either directly or indirectly through the resident agreement, at least the following: ...recreational and leisure activities.*

Tag # P0504

1.107 (1) (b) (v) *Minimum Services. The facility shall make available, either directly or indirectly through the resident agreement, the following services, sufficient to meet the needs of the residents: ...social care. “Social care” means the organization, planning, coordination, and conducting of a resident’s activity program in conjunction with the resident’s care plan.*

Tag # P0506

1.107 (2) (a) *Social and Recreational Activities. The facility, in consultation with the residents, shall provide opportunities for social and recreational activities both within and outside the facility and shall coordinate community resources and promote resident participation in activities in and away from the residence.*

Tag # P0508

1.107 (2) (b) *Social and Recreational Activities. The facility shall encourage resident participation in planning, organizing, and conducting the residents’ activity program, taking into consideration the individual interests and wishes of the residents.*

Tag # P0510

1.107 (2) (c) *Social and Recreational Activities. In determining the types of activities offered, the facility shall take into account the physical, social, and mental stimulation needs of the residents as well as their personal and religious preferences.*

Tag # P0514

1.107 (3) (a) (i) (ii) *Care Plan. A written care plan for each resident shall be completed at the time of admission and shall include at least the following: (i) a comprehensive assessment of the resident’s physical health, behavioral, and social needs; preferences; and capacity for self care. (ii) A description of the services, which the facility will provide to meet the needs identified in the comprehensive assessment.*

**ACF activity revised regulations, 4/30/07:**

Tag #1092

8.495.6.E.6. *The schedule of structured recreational and social activities shall be posted in a conspicuous place at all times.*

The following definitions, taken from Webster’s Dictionary, have been included to provide clarity. Comprehensive means, “wide in scope or content.”

Recreational activity is defined as an activity that produces mental or physical refreshment.

The word “refresh” is defined as the act of providing new energy or vigor to; to stimulate (the memory); to become fresh again or revive.

The word assessment, for the purpose of activity planning, means to evaluate the resident’s physical, emotional, spiritual, and social needs.

The intent of the regulations is to ensure that all residents receive the services necessary to meet

their individual physical, mental, social, and spiritual needs. Therefore, based upon the definitions provided, the intent of the regulation is to ensure that residents receive services necessary to provide mental and physical refreshment, renew energy, stimulate memory, and revive interest specific to their physical, mental, social, and spiritual preferences. Further, the regulations intend that the resident's care plan reflect an activity program specific to meet the resident's social care needs.

**Questions to consider when evaluating compliance with these regulations:**

- 1) Does the resident agreement clearly identify the services provided, directly or indirectly, to make recreational and leisure activities available?
- 2) Does the facility discuss with residents and family members, the intent of an activity program and the procedure for creating an activity plan specific to meet the needs and preferences of each resident?
- 3) Does the facility have a policy and procedure in place for creating and implementing a resident specific activity program?
- 4) Is the activity program policy and procedure included in staff orientation?
- 5) Does the resident's care plan give specific directions to staff for implementation of the resident's activity program.
- 6) Are the resident's interests and capabilities reassessed periodically and does the activity program documented on the care plan reflect the changes? What is the procedure for reassessing a resident's activity program? Based upon the reassessment, how is the *organization, planning, coordination, and conducting* of the resident's activity program implemented? Reviewed with the resident's family?
- 7) Is the process for inviting/engaging a resident to/in an activity documented and evaluated?
- 8) Is the participation in activities approached like an ADL, by staff?

**Probes**

- Observe resident involvement.
- Observe isolated residents.
- Determine what activities are more likely to engage residents.
- Observe staff interactions with residents.
- Observe daily rhythms of staff and of residents.
- Observe resident rooms and facility common areas for activity friendly areas. Does the space accommodate the activity?
- Observe the facility activity calendar location, information accessibility (print large enough, changes documented clearly)
- Interview staff about their knowledge of activity programming, resident interest, energy levels, strategies for engaging residents and staff.
- Interview residents about activities, level of participation, staff responsiveness and assistance, general needs.
- Review policies and procedures for activity program planning.
- Review resident council meeting minutes for activity programs.
- Review staff orientation and in-service records for instructions with regard to activities as an ADL.
- Review resident care plans for activity plan reflecting resident needs.