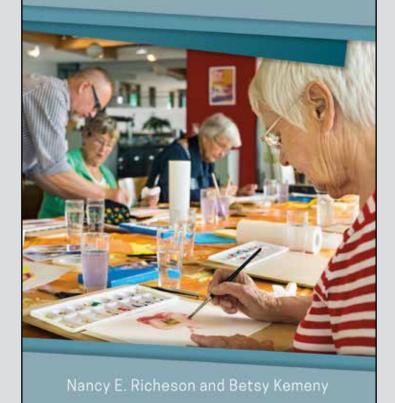
SAMPLE ASSIGNMENTS

RECREATIONAL THERAPY for Older Adults





Suggested Schedule for Evening Class 1X per week

| Date | Course Materials and Assignments | Notes |
|------|--|-------|
| | Introduction, Name Plates, What is old? Terminology | |
| | https://www.youtube.com/watch?v=lYdNjrUs4NM | |
| | Chapter 1 Online Reading | |
| | Competency Pretest | |
| | The Facts | |
| | *Chapter 1 and 2 Quiz (10 points) | |
| | Healthy Aging and the Compression of Morbidity | |
| | Andrew Weil Health Aging DVD or Video Clips | |
| | *Chapter 3 Online Reading (Quiz 10 points) | |
| | Biological Factors and Theories of Aging and Longevity | |
| | *Complete the Health Calculator for class. Bring the results to class. | |
| | https://www.livingto100.com/ | |
| | Blue Zone Ted Talk | |
| | *Chapter 4 Online Reading (Quiz 10 points) | |
| | Chronic, Acute Health Conditions and Geriatric Syndromes | |
| | Websites review | |
| | Review Evidence-Based Practice in Recreational Therapy: Chronic Health Conditions and Recreational Therapy Interventions Assignment | |
| | Group work exploring reputable websites (NIH Aging, CDC, Alzheimer's Association) | |
| | *Chapter 5 Online Reading (Quiz 10 points) | |
| | Psychological Perspectives, | |
| | Mental Health, and Mental Disorders | |
| | Discussions | |
| | Review Dementia Practice Guidelines Protocols | |
| | Review Nursing Home Tool Kit | |
| | http://www.nursinghometoolkit.com/index.html | |
| | Review Assessment Assignment | |
| | Watch Still Dreaming DVD and complete discussion questions | |
| | *Chapter 6 Online Reading (Quiz 10 points) | |

| Discussion, Validation Video | |
|---|--|
| Organize in-class Assessment Presentation | |
| *Chapter 7 Online Reading (Quiz 10 points) Assessing Older Adults | |
| *Assessment Presentations (10 points) | |
| Review Protocol Assignment | |
| *Chapter 8 Online Reading (Quiz 10 points) | |
| Spring Break | |
| Interventions for Older Adults | |
| *Due Evidence-Based Practice in Recreational Therapy: Chronic Health Conditions and Recreational Therapy Interventions | |
| Review Protocol Assignment | |
| Psychosocial Interventions - Creative Writing, Time Slips, Reminiscence, poetry, journaling, bibliotherapy | |
| *Chapter 9 Online Reading (10 points) | |
| Review Protocol Assignment | |
| Sensory Interventions–Simple Pleasures, Sensory Items, Animal-Assisted Therapy, Sensory Cooking | |
| Cognitive Interventions–Brain Fitness, Games, Computer-Based Interventions | |
| *Due Review Evidence-Based Practice in Recreational Therapy | |
| Behaviors in Dementia Care | |
| Physical Interventions–Physical - Chair Volleyball, Tetherball, Wheelchair Biking, walking programs, Falls prevention | |
| *Review website and complete scavenger hunt (10 points) | |
| https://www.cdc.gov/physicalactivity/inactivity-among-adults-50plus/ index.html | |
| Relaxation/Stress Management Interventions–Yoga, Tai Chi, Guided Imagery, Breathing, Progressive Muscle Relaxation, Aroma Therapy, Reiki | |
| Work on presentation | |
| *Evidence-Based Presentations and Protocols due | |
| The Roles of the Recreational Therapist and | |
| Job Settings | |
| *Chapter 10 and Chapter 11 Online quiz (10 points) | |
| *Clinical Observations Due and Discussion | |
| Final Reflections and Competency posttest | |
| Comprehensive Final | |