

Table of Contents

Chapter 1: How to Create an Effective and Compliant Activities Program

How Activities Impact Your Facility
Employee Engagement
Structure
Training
Cross-Training Care Attendants
Additional Talking Points
Centers for Medicare & Medicaid Services Regulations
Investigative Protocol
Final Thoughts on the Final Rule
New CMS Survey Process to Debut in Late 2017

Chapter 2: Sample Activity Care Plans

Chapter 3: Activities for Baby Boomers

Chapter 4: Holiday, Special Event, and Themed Activities

Activity: Labor Day
Activity: Veterans Day
Activity: Christmas Around the World
Activity: '50s Day
Activity: Annual King and Queen of Hearts Dance
Activity: Annual Sweetheart Dinner
Activity: Back-to-School Week (August or September Event)
Activity: Beach/Hawaiian Day
Activity: Camping Week (or Day)
Activity: Chinese New Year Theme Day
Activity: Cruise Week
Activity: Dairy Days Theme Week (June)
Activity: Folk Fair
Activity: Elite 90s Luncheon
Activity: Grandparents' Day Party
Activity: Halloween Party
Activity: Mardi Gras Theme Day
Activity: Mexican Fiesta Day
Activity: New Year's Celebration
Activity: President's Day Silhouettes
Activity: Resident Academy Awards
Activity: Senior Prom
Activity: Spring Fling Party/Social
Activity: St. Patrick's Day Party/Social
Activity: Thanksgiving Blessings
Activity: Thanksgiving Social
Activity: Wedding Week
Activity: Western Day
Activity: Wine and Cheese Tasting
Activity: Winter Charades
Activity: Winter Olympics Week

Chapter 5: Activities for Residents with Dementia, Alzheimer's, and Behavioral Issues

Dementia Care Best Practices
Stages of Dementia

Activities for Residents with Dementia

Activity: ABC Game
Activity: Afternoon Multisensory Room Program
Activity: Music Bingo
Activity: Creative Expressive
Activity: Creative Writing Group
Activity: Dice Game
Activity: Duster Ball
Activity: Evening Dementia Program
Activity: Five Alive
Activity: Hidden Treasures Sensory
Activity: Match Game
Activity: Memory Matching
Activity: Morning Wake-Up Sensory Program
Activity: Name Five
Activity: Noodle Exercise
Activity: Relaxation Music with Movement
Activity: Rice Bag Sensory
Activity: Rise and Shine
Activity: Seashell Sensory
Activity: Sorting Box
Activity: Therapeutic Massage
Activity: Light Therapy
Activity: Nursery Rhymes
Activity: Proverbs
Activity: Finish the Song Lyrics
Activity: Using the iPad and Apps for Residents with Dementia
Activity: Spoons Card Game
Activity: Higher Lower Card Game
Activity: Table Games
Activity: Sequence Card Game
Activity: Ninety-Nine Card Game
Activity: Pig Dice Game
Activity: Mindfulness Sensory Activity
Activity: Prayer and Scripture Sensory Activity

Chapter 6: Adapting and Modifying Activities to Accommodate Individual Resident Needs

Chapter 7: Activities for Younger Residents and Short-Term Stay Residents

Activity: Daily Crossword or Trivia
Activity: Library Cart
Activity: Martial Arts/Adapted Taekwondo
Activity: Pilates
Activity: Social Time
Activity: Tai Chi
Activity: Walking Club
Activity: Weekend Trivia
Activity: Welcome Initiative
Activity: Yoga
Activity: Gotta Have a Java
Activity: Tail Gate Party
Activity: Art Cart
Activity: Learn to Paint Class
Activity: Learn to Draw Class

Activity: Route 66 Week
Activity: National Parks Week
Activity: Who Doesn't Love Chocolate?
Activity: Puzzled?
Activity: Table Games
Activity: Using the iPad and Apps for High Cognitive Functioning

Chapter 8: Activities for Men

Activity: 6, 5, 4 Dice Game
Activity: Men's Card Club
Activity: Men's Club Breakfast/Luncheon
Activity: Men's Club Grill-Out or Picnic
Activity: Men's Gathering/Coffee and Gab Session
Activity: Romeo Club
Activity: Turkey Shoot
Activity: Casino/Poker Night
Activity: Vaudeville Night
Activity: Gangster Party
Activity: World War II: Impact on America
Activity: Civil War
Activity: Underground Railroad
Activity: History of Aviation
Activity: Railroads
Activity: Virtual Museum Tour
Activity: Virtual Lighthouse Tour and Painting Session
Activity: Say Cheese
Activity: Pizza Party
Activity: Earth Day
Activity: Father's Day
Activity: Hunting
Activity: Cranberry Bog

Chapter 9: Activities for Women

Activity: Cooking Club
Activity: Devotional/Prayer Group
Activity: Fashion Show
Activity: Fondue Party/Social
Activity: Gardening Club
Activity: Red Hat Society
Activity: Scrapbooking
Activity: Spa Day
Activity: Tea Social/Gourmet Coffee Social
Activity: Book Club
Activity: Dance Club (Sitting Routines)
Activity: Women's History Month
Activity: The Fabric of Our Lives
Activity: Home Remedies
Activity: Essential Oils

Chapter 10: Activities for Bariatric Residents

Activity: Bariatric Ball Exercise
Activity: Bariatric Cooking Class
Activity: Bariatric Exercise

Chapter 11: One-On-One Activities

Activity: Memories

Activity: Morning Stretch

Activity: Weather Station

Activity: Guided Imagery

Chapter 12: Sample Activities Calendar

Chapter 13: Involving Residents and Family Members in Activities

Activity: Annual Picnic

Activity: Comfort Cart

Activity: Craft and Bake Sale

Activity: Facility Dog Show

Activity: Father's Day Brunch

Activity: Fun Fair

Activity: Memorial Service

Activity: Mother's Day Tea Social

Activity: Outdoor Campfire Night

Activity: Resident/Family Christmas Tea Social

Activity: Wishing Well

Activity: June Dairy Days

Activity: Mexican Fiesta

Activity: Disney Day

Activity: Safari Day

Activity: Irish American Heritage

Activity: Native American Heritage

Chapter 14: After-Hours Activities

Providing Items on Units for Independent Leisure

Activity Groups Provided by Other Staff