



To meet the needs and preferences of residents, an Activities Department calendar must meet certain standards. For nursing homes that provide Medicaid and/or Medicare services, they must meet federal guidelines for care for all patients residing in their facilities. Nursing home surveyors are provided with a framework called “F-tags,” which are data tags used to identify specific federal nursing home regulations, to help them evaluate quality of care, life and safety in a facility. The Life Enrichment professional at a Skilled Nursing Facility (SNF) should create an activity calendar that helps residents achieve their optimum health and well-being which in turn meets the federal standards. For assisted living facilities, the marketing department and family members will likely expect a certain level of quality in activity planning. This type of calendar should also prioritize activities that enrich daily life and promote healthy living for residents.

GUIDELINES FOR CALENDAR CREATION

- 1 Address the Dimensions of Wellness and Value Individuality:** Activities should be crafted to intentionally target the emotional, intellectual, social, spiritual and physical needs of each unique resident. When creating your calendar, be mindful of the gender, life history, likes/dislikes, work history, hobbies, religion, military service, functional ability, culture and values of each resident you are serving.

- 2 Offer One-on-One Engagement:** Sometimes a resident will have an introverted personality or have limited capability because of Alzheimers Disease and Related Dementias (ADRD) that will limit their ability to join in group activities with their peers. Your activity calendar should have opportunities for residents to engage one-on-one with care partners if that is their preferred form of engagement.
- 3 Preserve Dignity:** Activities should be scheduled that enhance the resident's ability to have meaningful interactions with other residents and staff while at the same time increasing their sense of self-esteem and self-worth. Residents should have the freedom to choose to attend activities on the calendar that interest them most or participate in a self-directed activity.
- 4 Group Activities:** If an activity on the calendar is considered a "group" activity it should be planned so that the life enrichment leader has enough support to lead the activity but also focus extra attention on residents who may need it. You can also find residents with similar interests and introduce them to one another.
- 5 Care Coordination to Avoid Anti-psychotics:** The activity calendar should complement each resident's care plan so that extra attention can be paid to the resident's problems and strengths as outlined by their family and interdisciplinary care team. Providing a program of activities designed to engage residents experiencing ADRD using individualized life enrichment techniques will decrease unnecessary anti-psychotic drug prescriptions.
- 6 Activity Planning Committee:** Invite residents to join this committee so that they can be engaged in the development of the activity calendar. This empowers residents by allowing them to voice their opinion and enhance the quality of programming to support care staff.

Linked Senior has created cue cards and other resources to help you, they're available at linkedsenior.com. As always, feel free to contact us if you have any questions or want to learn more!