



Every resident is different when it comes to their needs and unique interests. Activity and Life Enrichment Directors need to ensure that programming is individualized and person-centered. Modifying your activity programs means making minor changes to programming so that it matches the cognitive and physical needs of each resident. For residents who may no longer be able to participate in group activities because of declining mental or physical health, or those who are living with a disability, programming needs to be adapted accordingly in order to be successful and meaningful for the resident.

MASTERING PROGRAM MODIFICATION

- 1** **Visual Aids:** If verbal communication is not an option for a resident, an activity can be modified by using either a Communication Board or Language Cards. Find an aid that supports the resident and doesn't frustrate them.
- 2** **Flexible Design:** One helpful feature offered by technology platforms like Linked Senior is the ability to adapt activities in the moment. This includes adjusting font size, increasing or decreasing screen brightness, projecting activities onto larger screens and adjusting volume.

3

Lighting: In addition to adapting the content or presentation of a specific activity, a simple adjustment in the lighting of the room in which you are engaging the resident can be helpful. As we age, our eyes have trouble adjusting to different light levels and after the age of 65 we need nearly three times as much light to see properly than younger people do.

4

Creating Comfortable Spaces: A simple adjustment or two in the physical environment can mean that residents are more happily engaged. This means a room that is big enough for the number of people assembled, setting the temperature at a comfortable level, having blankets on hand if some residents tend to be colder than others and having refreshments close at hand.

5

Sensory Stimulation: If a formalized activity is not an option for a resident, based on their current needs and abilities, adapt programming so that it can be targeted to a resident's sensory system. For instance, having a box of familiar scents, playing music they enjoy or offering to paint their nails.

6

Ensure Wellness: Optimizing wellness means creating meaningful engagement that targets a resident's interests in the following categories: Emotional, Environmental, Intellectual, Occupational, Physical, Social, and Spiritual.

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!