



For residents who are unable to join in planned group activities because of illness, immobility or preference to be on their own, it is important for the Director of Life Enrichment to create person-centered programming and engagement opportunities that can take place in the resident's room. Many times, as older adults progress in their experience of Alzheimer's disease and related dementia (ADRD) they can begin to withdraw from activities and interests that once held value and meaning for them. Depending on the stage of dementia that a resident is experiencing, the activities staff should decide what programming can be used to meet current abilities. Be flexible and supportive as you learn what the older adult is most interested in and excited about.

UNDERSTANDING IN-ROOM ACTIVITY

- 1 One-on-One Planning:** Do some research about the person's life. What did they do professionally? What type of activities and travel did they do with their family? What type of hobbies did they enjoy? Deeply knowing a resident and their personal history is an excellent way to set yourself up for success.
- 2 Family and Friend Involvement:** You can only learn so much from reviewing a medical chart or intake information. Set aside time to talk directly with family and friends of the resident who can help paint a clear picture of that person's life, interests and passions.

- 3 Care Planning Integration:** Make sure that the person-centered engagement activities that you are planning are supporting the goals laid out in that resident's care plan. This way, individualized life enrichment can also help the older adult achieve better health and quality of life outcomes.
- 4 It's OK to "Be" instead of "Do":** Don't forget that the quality of an activity doesn't need to be measured by how much is accomplished once you finish. A valuable engagement activity can simply be sitting with another person and sharing a cup of tea or having a conversation and admiring the view from a window. A universal human need is to connect with other people and a great way to do this is to be with them in an attentive and non-judgmental way.
- 5 Cultural Competency:** To be truly person-centered in our planning, we must acknowledge that a person's race, culture, values and language are very important aspects of who they are. When planning activities, take time to do research on activities that respect and celebrate these characteristics of the resident.
- 6 Helpful Activity Examples:** Board games, life review, knitting, listening to music or the radio, painting, reading newspapers or books, technology supported games.

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!