

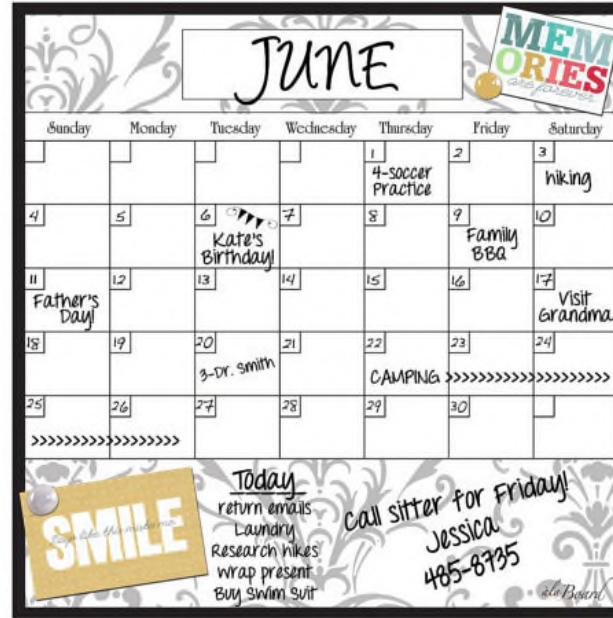
Embracing Opportunities for Resident Choice and Spontaneity in Recreation





- ▶ “Connecting with or relating residents in a way that is meaningful to them!”

What do you SCHEDULE in your life??



Reviewing our Calendars!

- Who do they respond to?
- What do we schedule?
- When do they get scheduled?
- Where do they happen?
- Why do we plan it this way?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2014 Coffee Shop Daily at 9:30am			1 10:30 Ward Bust 1:30 Manicures/Cards 3:30 Grace Community 6:00 Movie & Popcorn	2 10:30 Puzzles 1:30 St. Luke's Bingo 6:00 Resident Choice	3 10:30 Exercise 1:30 Ice Cream Social 3:00 Tranquility Hour	4 10:30 Mighty Men 1:15 Movie and Snack 3:00 Scategories
5 10:30 Beggio 1:30 Wv Games 3:00 Yahtzee	6 10:30 Bible Study 1:30 Bingo 3:00 Fall Reminiscing 6:00 Random Trivia	7 10:45 Exercise 1:30 Birthday w/Brad 3:00 Ward Bust	8 10:30 Food Committee 1:30 Manicures/Cards 3:30 Grace Community 6:00 Movie & Popcorn	9 10:30 Unscramble the Word 1:30 Bingo 3:00 Name that Tune 6:00 Resident Choice	10 10:30 Exercise 1:00 Willamet 3:00 Tranquility Hour 6:00 Humor Hour	11 10:30 Mighty Men 1:30 Porch Talk 3:00 Tea & Poetry
12 10:30 Beach Ball Toss 1:30 Bible Baptist 2:30 Piano w/Darrell	13 10:30 Bible Study 1:30 Bingo 3:00 Random Trivia 6:00 Music w/Rex	14 9:30 Church of Christ 10:45 Exercise 1:30 Liberty Worship 6:00 Arrowbrook	15 10:30 Pumpkin Decorating 12:00 Lunch with the Administrator 1:30 Manicures/Cards 3:30 Grace Community 6:00 Movie & Popcorn	16 10:30 Puzzles 12:00 Lunch Bunch 2:00 St. Luke's Bingo 3:30 Resident Choice	17 10:30 Exercise 1:30 Ice Cream Social 3:00 Tranquility Hour 6:00 Music w/Stringbenders	18 10:30 Mighty Men 1:00 Country Ride 3:00 Sing w/William
19 10:30 Needleball 1:15 Movie and Snack 3:00 Bible Trivia	20 10:30 Bible Study 1:30 Bingo 3:00 Yahtzee 6:00 Random Trivia	21 9:30 Church of Christ 10:45 Exercise 1:30 Arts and Crafts 3:00 Unscramble the Word 6:00 Music w/Brad	22 10:30 Faith Community 1:30 Manicures/Cards 3:30 Grace Community 6:00 Movie & Popcorn	23 10:30 Cooking Class 1:30 Bingo 3:00 Reminiscence Circle	24 10:30 Exercise 1:00 Goodwill 3:00 Tranquility Hour 6:00 Tea & Poetry	25 10:30 Mighty Men 1:30 Halloween With the Kids
26 10:30 Random Trivia 1:30 Bible Baptist 3:00 Halloween Puzzles	27 10:30 Bible Study 1:30 Halloween Bingo 3:00 Music w/Rex 6:00 Glory Ministries	28 9:30 Church of Christ 10:45 Exercise 1:30 Halloween Dance	29 10:30 Scary Stories 1:30 Manicures/Cards 3:30 Grace Community 6:00 Halloween Movie & Popcorn	30 10:30 Halloween Bingo 1:30 Pumpkin Hunt 6:00 Resident Choice	31 10:30 Resident Council 1:30 Costume Contest 3:00 Tranquility Hour 6:00 Pizzas & Halloween Movie	

How is it working?



It is what we are PREPARED to do

It is what we have PERMISSION to do

It is what we are EXPECTED to do

These are BARRIERS we create!!



Our Calendars
have become a
“BOX”!!



RECONSTRUCT REMAKE
RECYCLE REJUVENATE
REVAMP REDESIGN RENOVATE
REIMAGINE
RETHINK REUSE RECREATE
REFURBISH RESTORE RENEW
REMODEL REDO REVISE



A Calendar with new Possibilities

- ▶ Programs rooted in knowing our Residents well...their interests, experiences, abilities & preferences!
- ▶ Programs focused on more than one domain
- ▶ Programs with new “time” frames
- ▶ Programs in new locations



**“Musical
Moments”**



Relax and
Remember



Body and Mind

WHY?

- ▶ ↑ Resident Choice & Autonomy
- ▶ ↑ Spontaneity & Flexibility
- ▶ ↑ Participation Rates!
- ▶ ↓ Program Descriptions
- ▶ We meet our “calendar” obligations!!







RESIDENT VIDEO INSERTION??????????

A photograph of a forest with tall, slender trees and a path leading into the distance. The image is overlaid with a blue and red gradient, with blue on the right and red on the left.

IF YOU
CHANGE
NOTHING,
NOTHING WILL
CHANGE.

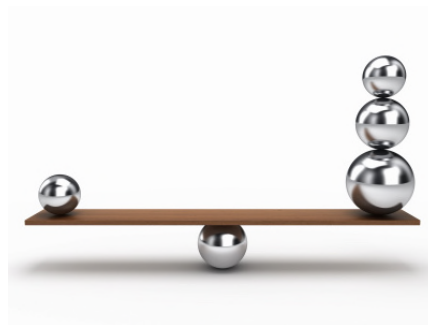
An Exercise For You To Consider:

- Draw a  beside programs your residents LOVE
- Place a  beside programs that don't always get a great response.
- Place a  beside a program you think should go!
- Place a  beside a program that you are required to do

Checking the Balance: are your programs...

- ▶ Engaging?
 - ▶ Meaningful?
 - ▶ Person-Centred?
 - ▶ The right size?
 - ▶ At the right time for the resident?
 - ▶ In the right place?
- or

- ▶ Entertaining?
- ▶ Just a time filler?
- ▶ Team-Directed?
- ▶ Too large, too small?
- ▶ Scheduled to suit the Team?
- ▶ Only in the designated activity space?



And then what?

- Where ever you put a




are possibilities for
imagining something new!!



How do we create this CHANGE?


- ▶ Re-train our team
- ▶ Know our residents
- ▶ Be a Boy Scout: bring options!
- ▶ Empower our residents by offering choice & hearing their voice!
- ▶ Persevere!





Don't be afraid of
CHANGE
because it's leading you
to a new beginning.

- Joyce Meyer -

 Symphony of Love
Photo by Chris Hamish