58A-5.0182

SOCIAL AND LEISURE ACTIVITIES IN YOUR ASSISTED LIVING FACILITY
Residents shall be encouraged to participate in social, recreational, educational and other activities within the facility and the community.
The facility shall provide an on-going activities program. The program shall provide diversified individual and group activities in keeping with each resident’s needs, abilities and interests.
The facility shall consult with the residents in selecting, planning, and scheduling activities.

The facility shall demonstrate resident’s participation through one of the following methods:
• Resident meetings
• Committees
• A resident council
• Suggestion box
• Group discussions
• Questionnaires
• Or any other form of communication appropriate to the size of the facility
• Scheduled activities shall be available at least six (6) days a week for a total of not less than twelve (12) hours per week.

• WATCHING TELEVISION DOES NOT COUNT (unless it’s a one-time special event of special interest to the residents)!!!

• A facility whose residents choose to attend day programs conducted at adult day care centers or other day programs may count those attendance hours toward the required twelve (12) hours per week of scheduled activities.
QUESTIONS

• The assisted living facility is required to provide activities only in each resident’s facility in order to minimally comply with licensure regulations.  T/F

• The facility must provide both individual and group activities in order to meet each individual resident’s needs, abilities and interests.  T/F
Continue Questions

• The facility must select, plan and schedule activities based on reputable and reliable sources such as activity manuals.  T/F

• The resident’s participation at formulating activities is demonstrated through: a resident council, suggestion box and verbal suggestions to staff.  T/F
Continue Questions

• Schedule activities are required to be provided at least 5 days each week (M-F), leaving the weekends free for family and friends to visit the resident. T/F

• A resident may attend senior day care activities, permitting the facility to provide other services than scheduled activities.
Social and Leisure Assessment

- Social History
- Physical and Mental Functioning
- Recreation and Leisure Preferences
- PIES/Needs for holistic and well rounded life
  - Physical
  - Intellectual
  - Emotional
  - Social and Spiritual
• **Assess Factors Effecting Participation** (age, sex, socio-economic status and physical and cognitive levels of functioning)

• **Types of Activities** (volunteerism, sedentary, creative, formal/scheduled, informal, competitive, educational)

• **Limitations/Adaptations** (Arthritis, Heart Disease, Diabetes, Paralysis due to Stroke, Impaired vision and/or hearing, speech, ADL limitations, Dementia, Depression, etc.)
Examples of Activities:

Intergenerational
Reality Orientation Boards
Activity Calendars
Reminiscence Activities
Chair Exercises
Crafts
Music
Games
Field Trips
Gardening
Special events (seasonal, etc)
Benefits

- Reduced Depression
- Increase Self-Confidence and Self Esteem
- Socialization
- Exercise
- Sustain level of Memory
- Maintain/Improve ADL’s
• There are at least 18 research studies showing that exercise can improve memory in people suffering from Alzheimer's disease.

• A recent meta-analysis of the reports shows that a physical exercise program -- even one started when people are in their 70s -- can significantly boost executive function -- your brain.
Mice that exercised had 50 to 80 percent less plaque in their brains than the brains of the sedentary mice. Importantly, exercising mice produced significantly more of an enzyme in the brain that prevents plaque.

High cholesterol in your 40s increases the odds of contracting Alzheimer's--by 50 percent.
• Investigators looked at the relationship of physical activity and mental function in about 6,000 women age 65 and older, over an 8 year period. They found that the women who were more physically active were less likely to experience a decline in their mental function than inactive women.

• High blood pressure (hypertension) causes build-up of beta-amyloid in the brain. Beta-amyloid is a central component of the senile plaque in the brains of Alzheimer's patients, and its toxicity against brain cells is believed to be a prime cause of Alzheimer's.
Physical Activity is a Big Deal!

• Important to maintain both physical and mental health
• Helps to maintain independence
• Long term health benefits
• Reduce the risk of developing certain disease and disabilities with age (arthritis, heart disease, diabetes, high blood pressure, difficulty walking, balance problems)
Questions

• A social and leisure assessment should include social history, physical and mental functioning and individual preferences. T/F

• Types of activities should include volunteerism, sedentary, formal, scheduled and competitive without consideration of the resident’s limitations in order to ensure a comprehensive program. T/F
Continue Questions

• Examples of activities are: intergenerational, chair exercises, music and gardening  T/F
• Benefits of activities: maintaining ADL capabilities, increase self-confidence, reduce depression  T/F
• While preferable, there is actually no evidence that physical exercise has a direct impact of the stabilization of mental functioning.  T/F
Go 4 Life

• Please watch the following video from the National Institute on Aging at National Institute of Health.

• Learn what kind of exercises you can provide to your residents in your own ALF that would meet your residents’ needs.

• Be sure to include exercises on your activity daily calendar!
See how technology can add quality of life to residents in your ALF or AFCH!

http://www.in2l.com/