

Activities



F679 Activities

The facility must provide an ongoing program to support residents in their choice of activities, both facility-sponsored group and individual activities and independent activities, designed to meet the interests of and support the physical, mental, and psychosocial well-being of each resident, encouraging both independence and interaction in the community.

How to engage the residents at a Resident Council Meeting:

- ⇒ Tell me how you feel about the activities here?
- ⇒ Do you feel the activities are meaningful?
- ⇒ Not all activities need to be meaningful. Activities, according to the regulation, are suppose to support your physical, mental and psychosocial well-being. What does that mean?
 - Physical—Are you getting the exercise you want? Examples include walking outdoors, fitness classes and attending community events.
 - Mental—Do you feel you are stimulated mentally? Examples include reading groups, puzzle games and discussing local news and events.
 - Psychosocial—Do you feel like you are an important part of the nursing home community? Examples include group activities, volunteer opportunities and activities that have a purpose.
- ⇒ What brings you joy? We need to fill our lives with more of what brings us joy. Think about what that means to you. Are there activities that can be offered at the nursing home that bring you joy?
- ⇒ Talk with the nursing home activity director or your local ombudsman about scheduling activities that are meaningful and bring purpose to your life.

Meaningful Activities

Research findings and the observations of positive resident outcomes confirm that activities are an integral component of residents' lives. Residents have indicated that daily life and involvement should be meaningful. Activities are meaningful when they reflect a person's interests and lifestyle, are enjoyable to the person, help the person to feel useful, and provide a sense of belonging. Maintaining contact and interaction with the community is an important aspect of a person's well-being and facilitates feelings of connectedness and self-esteem. Involvement in community includes interactions such as assisting the resident to maintain his/her ability to independently shop, attend the community theater, local concerts, library, and participate in community groups.

“Psychosocial” refers to the combined influence of psychological factors and the surrounding social environment on physical, emotional, and/or mental wellness.