



HANDOUT-ABLE A Case For Participating in Facility Activities

Patients in facilities have different opportunities in how to spend their time.

One option is to rest, or perhaps reach out to family members. Other patients decide to organize their belongings, or watch TV.

This Nice Speech Lady resource takes a positive position for residents to prioritize carving-out time for the scheduled facility activities.

Included:

- The benefits and factors at stake are listed, as well as the rationales.
- On this same page, there is a section for the patient to consider unmet needs, how problem-solving could occur to attempt to request facility activities possibly address these needs.
- The patient is asked how the clinician can assist in facilitating steps toward meeting the unmet needs in the context of consideration of facility activities.
- Finally, tips for patients and family members for maximizing the benefits of scheduled/structured activities are explained.
- On this final page, specifics on physical activity and recommended guidelines for older individuals are listed, and how to navigate adding physicality into the facility activity schedule is explored.

This resource can be discussed with patients in an attempt to encourage participation in facility activities.

The document's last page is a catalog of the research references which were utilized in creating this resource.



HANDOUT-ABLE A Case For Participating in Facility Activities (page 1)

Reasons for participating in activities in a long-term care facility or rehab include:

- Meeting others from other walks of life;
- Making friends and new connections with others you wouldn't otherwise meet;
- Having fun and increasing joy;
- Taking your mind off of any pain, discomfort and/or being able to distract you from current uncomfortable emotions;
- Practicing tasks that you are learning in therapy;
- Being able to be in touch with staff members in a different capacity;
- Contributing to a joint project to focus on something outside of yourself/a higher purpose;
- Developing leisure skills;
- Distracting yourself, so you will prevent yourself from sleeping in bed during the day — so to remain awake to set yourself up for sleeping more effectively at night;
- Avoiding isolation and depression/feelings that can come from being away from your home/typical setting;
- Facilitating establishing new routines;
- Allow yourself an opportunity to be creative, focusing on leisure tasks so to feel like yourself again, even in this environment;
- Receiving extra opportunities for snacks and discussion/conversation;
- Giving yourself the chance to focus on a leisure task that will allow you to laugh and "let it all go";
- Having an opportunity to share your feelings/experiences; and,
- Becoming encouraged about how other people are progressing in their recovery and stay.

Please take a moment, and consider your unmet needs at this time. What are they? _____

After identifying these unmet needs, can you problem-solve what you could ask for, in relation to activities? _____

How can your clinician assist you in this area? _____

**HANDOUT-ABLE A Case For Participating in Facility Activities (page 2)**

TIPS to Mold Your Activities Experiences More Effective and Enjoyable:

- Request that there be an opportunity for individualized activities to be facilitated;
- Ask that choices between different activities be offered;
- Advocate that scheduled activities be made available that are meaningful to your specific interests. What tasks would make a difference in your mood, be functional in your environment, and improve your quality of life?
- Practicing advocating for your options in activities will also facilitate your communication skills in advocating for your own health care.
- Focusing on interacting socially with others will encourage you to initiate the meeting of your needs outside of the structured activities.
- Take advantage of the connections that you will make with others in activities/leisure tasks. These relationships will serve you positively outside of the scheduled events.
- Make every attempt to incorporate physicalness into scheduled activities.
 - For example:
 - Target standing abilities as you participate in bingo or other cognitive tasks;
 - Ask staff to assist you in walking to and from the activities' location; and/or,
 - Take an occasional break to stand up, and -- if possible, walk to the break area to obtain a glass of water, etc.
 - Make attempts to expand physical involvement in activities over time. Each time there is a gathering, try to perform more of a physical task, in time spent in the movements, intensity or attempt in an addition of a different types of physical action (with assistance as needed, for safety).
 - All of this is important because research has shown that adults who are older (also, adults in care settings) tend to spend the majority of time in a physical sedentary state, and may not meet the recommended amounts of physical activity daily (and this increases health risks).
 - Recommended physical activity for older adults includes:
 - Aiming for daily physical activity;
 - Moderate-intensity activity which adds up to at least 2.5 hours within a week in total;
 - For older adults used to vigorous activity, 1.25 minutes of intensity activity spread across the week, or a combination of moderate/vigorous activities;
 - It is helpful for older adults to receive strength training exercise two days/week or more;
 - Older adults at risk for falls need exercise for targeting balance/coordination two days/week or more; and,
 - If possible, all older adults need to minimize the time in a sedentary state for long periods of time.
 - Adding the physical component to the activities results in a host of benefits, including physical health, emotional health, reduction of the risk of death and improves the current state of quality of life.

**HANDOUT-ABLE A Case For Participating in Facility Activities (page 3)**References

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