

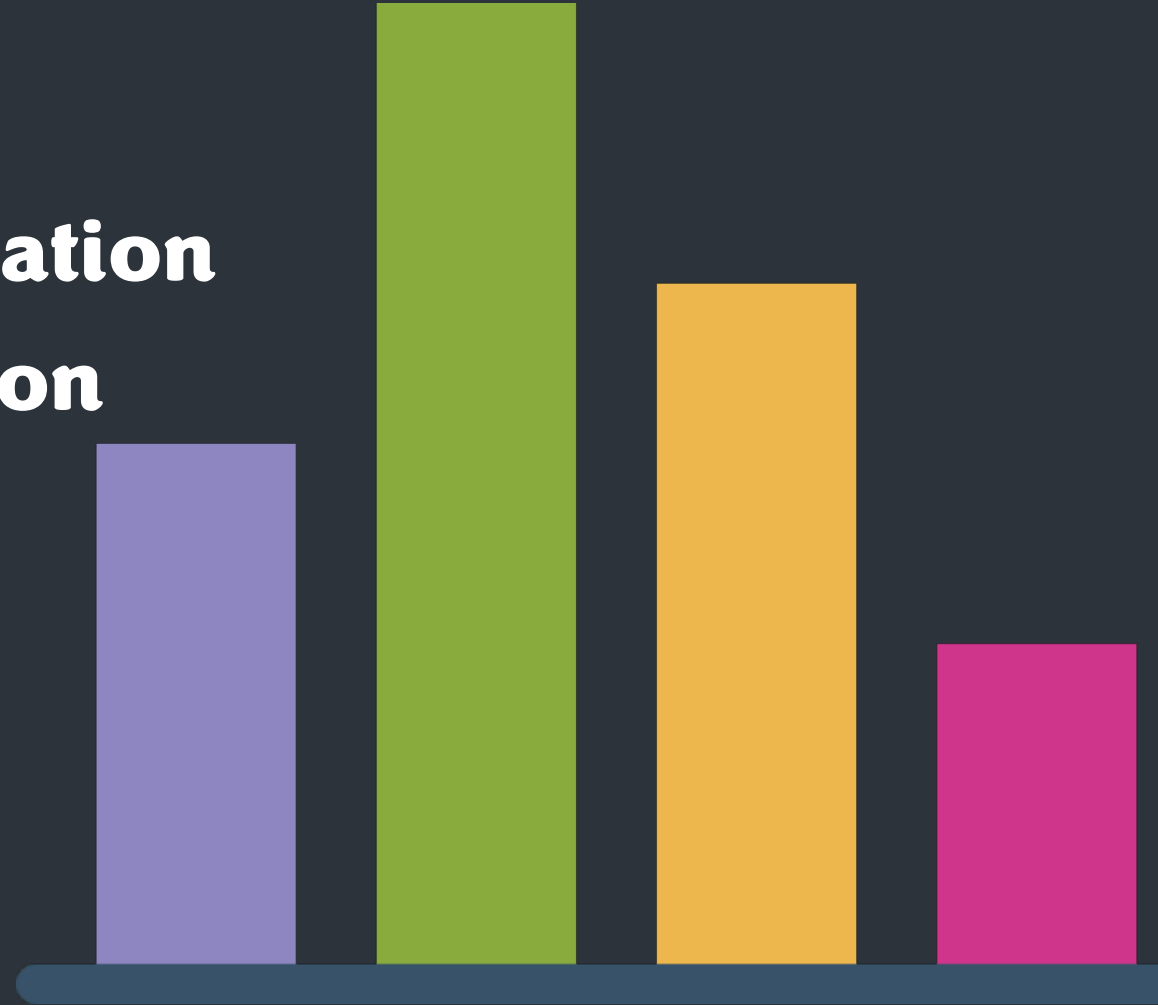


Best Practices and Ideas: Modifying Activities for All Participant Levels

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Participation Levels Can Include:

- **Sleeping**
- **Passive**
- **Modified participation**
- **Active participation**
- **Helpers**
- **Leaders**



Sleeping-

Are they listening?

Are they comfortable?

Is this a safe place to nap?



Passive-

Are they awake?

Look for signs of enjoyment, and pleasure such as toe tapping, nodding, eye tracking.

Also look for signs of discomfort, anxiety, or boredom.



Modified Participation

Resident may have physical or psychosocial needs that requires some modification of the environment, tools, or activity. These may include the following:

- ▶ **Sight impairment**
- ▶ **Hearing loss**
- ▶ **Dietary Restrictions**
- ▶ **Physical limitations from stroke or amputation**
- ▶ **Generalized weakness or fragility- lack of stamina**
- ▶ **Confusion due to dementia**
- ▶ **Poor social awareness due to dementia**

Active Participation

- ▶ **Residents are participating in all parts of the activity. They are actively engaged in the event and show signs of happiness and enjoyment.**



Helpers

Residents who have the ability and desire to help other residents succeed with an activity.



Leaders

Residents who are able to lead an activity alone or with assistance.

How to Modify Activities: Blind or Sight Impaired Residents

- ▶ **Have good overhead lighting.**
- ▶ **Seat the resident close to the speaker so they can hear clearly.**
- ▶ **Offer large print or picture based printed material.**
- ▶ **Make sure the area is clutter free and all tools are placed within reach.**
- ▶ **Offer a volunteer or resident helper.**
- ▶ **Offer verbal cues along with large visual aides.**
- ▶ **Make use of page and other magnifiers.**
- ▶ **The Commission for the Blind offers aides, books on tape, meetings and services for sight impaired residents.**

How to Modify Activities: Deaf or Hearing Impaired Residents

- ▶ **If a resident has hearing aides, make sure they are clean , batteries are charged, and working properly.**
- ▶ **Seat the resident close to the speaker so they can hear clearly.**
- ▶ **Speak clearly and project volume- but do not yell. Residents have a harder time hearing high pitched sounds so try to lower your voice.**
- ▶ **Use a microphone or voice amplifier.**
- ▶ **Communicate with gestures and body language.**
- ▶ **Some residents do lip reading. Try to face them while talking and slow down your speech.**
- ▶ **Utilize temporary hearing assistive devices such as a pocket talkers or headphones.**

How to Modify Activities: Dietary Restrictions

- **Always check with your dietary department for any changes to diet and/ or texture.**
- **If resident is on a restricted diet, find out what they CAN eat and have it available.**
- **Offer restricted diets their food first- before bringing out the items they are not able to eat.**
- **Seat residents together that have restrictions to better monitor their intake.**
- **If specialized food is offered, see if your kitchen can make it the correct texture or portion.**
- **Avoid making the food the focus for those residents. Encourage conversation and participation in the activity.**

How to Modify Activities: Physical Limitations Due to Stroke or Amputation

- ▶ **Ensure that the resident has the proper assistive devices such as braces, supports, and positioning equipment so they are comfortable for the activity.**
- ▶ **Be aware of which side or body part is affected. Place tools and supplies where resident can reach with unaffected limb.**
- ▶ **Place resident where they can easily move or can be reached easily to assist.**
- ▶ **Utilize Occupation Therapy and the techniques and devices they may have available.**
- ▶ **Offer assistance to hold objects or help, but let the resident do the majority of the work.**
- ▶ **Encourage ability not disability.**

How to Modify Activities: Generalized Weakness or Fragility- Lack of Stamina

- **Bring the resident to the activity- use a wheelchair, if possible**
- **If ambulatory, rest often and offer a chair between activities.**
- **Set them up first and have them leave first- waiting can be difficult.**
- **Watch closely for signs of exhaustion.**
- **Keep actions and directions to simple easy steps.**
- **Offer to do the “Heavy Lifting” during activities.**

How to Modify Activities: Confusion Due to Dementia

- ▶ **Approach carefully and slowly to invite to activity.**
- ▶ **Ask the resident to join you or say “Come with me to Bingo”**
- ▶ **Do not over explain the activity or give more than one direction at a time.**
- ▶ **Give the resident extra time to process directions or information**
- ▶ **Less is more. Keep selections simple and only offer “This or That”.**
- ▶ **Remove resident from busy or loud activities if they become overstimulated. Moving them to a quieter seat may also be helpful.**

How to Modify Activities: Poor Social Awareness Due to Dementia

- ▶ **Always place the resident near an exit.**
- ▶ **Know the resident's triggers that cause anxiety or discomfort.**
- ▶ **Provide comfort items- special food or drink, stuffed animals, etc...**
- ▶ **Watch closely for escalating behaviors.**
- ▶ **Partner with a resident friend or volunteer.**
- ▶ **Redirect if the resident is becoming disruptive. Rationalizing doesn't work very well with dementia residents.**
- ▶ **Offer the resident a special job or task to keep them focused on positivity.**
- ▶ **Remove disruptive resident from activity as necessary but offer another activity for that resident.**

**Most importantly-
Have fun- If you're having fun, they are having fun!**



For further information or questions, please contact April Floyd, CAD
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