

SUNRISE – LAKESIDE ADULT DAY HEALTH CARE CENTERS

SUBJECT: ACTIVITIES – THERAPEUTIC AND/OR RECREATIONAL

POLICY:

It is the policy of the Activities/Recreation department to provide planned therapeutic and/or recreational activities to registrants in the program in accordance with regulatory requirements, professional standards of practice and facility policies.

To this end, programs designed to enhance registrant participation in the Center, home life and community, while reflecting each registrant's individual person-centered needs, interest and culture include, but are not limited to the following:

1. Activities to remedial or rehabilitate the registrant's abilities such as:
 - A. Mobility stimulation e.g., billiards, toss-across, ring-toss, horseshoe, bowling, golf, stretch.
 - B. Sensory stimulation e.g., music appreciation, dance therapy, drama, chorus, sing-a-long.
2. Leisure education that will assist the registrant to acquire skills, knowledge and attitude that facilitate independent lifestyle such as:
 - A. Educational training e.g., English/ASL learning, Citizenship Center, current events, Discovering America, TV news, library.
 - B. Stress reduction e.g., workshops, counseling
 - C. Cultural stimulation/participation e.g., American Club, Fashion Club, Women's Club, Poetry/Story Club, Veteran's Club.

3. Activities to enhance registrant's health, growth, development and independence such as:
 - A. Cognitive stimulation e.g., memory cards, scrabble, crossword, trivia, and chess.
 - B. Creative hand-eye stimulation e.g., sewing, knitting, painting, drawing/etching.
 - C. Spiritual exercise/expression e.g., religious ceremonies, ecumenical meetings.
4. Activities that benefit registrant's health by enhancing psychosocial skills through friendly companionship such as:
 - A. Outdoor stimulation e.g., walking program, wheeling program.
 - B. Socialization e.g., registrant council, community outings, Birthday Party, Holiday Program.