POLICY

We believe that residents who live in a person directed environment and who have the opportunity to participate in life enriching activities experience a higher quality of life. Residents in this environment tend to eat better, sleep better, engage more with others and experience fewer behavioral symptoms and require less need for psychoactive medications. An activity program that engages residents in "Life Enrichment" type activities adds to the resident's quality of life.

PROCEDURES

We also believe that:

- Structuring life enriching activities that parallel the resident's prior interests and routines are an integral part of person directed care.
- Generally, activities need to be kept to no more than 20 or 30 minutes.
- Residents are welcome to have a personal television in their apartment that they can have on as they so desire.
- Soft instrumental or age appropriate music can be soothing.
- Spontaneous activities can energize residents as well as help those experiencing behavioral symptoms return to a state of emotional wellbeing.

Components of an activity program include such things as, busy boxes, individualized activities, "Life Enrichment" and small structured group activities. It also includes modifying resident's previous leisure activity interests in such a way that the resident can still engage and enjoy the activity. For example a person who had enjoyed being a potter or clay sculptor could build forms using non toxic clay. A person who enjoyed oil painting might enjoy using water colors.

For each resident:
- Gather life story information including past and current leisure activity interests
- Develop individualized activity plan

Daily Routine Activities

- Sweeping, dusting
- Setting table
- Clearing table
- Making own bed
- Grooming
Group Activities:

- Trivia
- Coffee break
- Sensory stimulation – What’s that smell
- Outdoor walks
- Community garden
- Sittercise
- Crafts
- Current events
- Spiritual

Suggested Schedule:

<table>
<thead>
<tr>
<th>Before Breakfast</th>
<th>During Breakfast</th>
<th>After Breakfast</th>
<th>During Lunch</th>
<th>After Lunch</th>
<th>During Dinner</th>
<th>After Dinner</th>
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</thead>
<tbody>
<tr>
<td>Grooming</td>
<td>Age appropriate music ie 40’s</td>
<td>Housekeeping individual and small group projects such as: baking, woodworking crafts</td>
<td>40’s music</td>
<td>Out doors Structured Activities such as: Trivia Bingo Sing along Crafts Sensory stimulation</td>
<td>Soft instrumental music</td>
<td>Quiet Time &amp; Reminisce</td>
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<td>Exercise</td>
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<td>Socialization</td>
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<td>Current events</td>
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- Spontaneous activities and individualized one on one activities.
- Spontaneous activities such as sing-a-ongs, dancing, popcorn party, baking, decorate place mats, name that object/ or texture, Reminisce (work, home, family, cars, holiday tradition, first date, wedding day, kids, childhood friends)
<table>
<thead>
<tr>
<th>Policies and Procedures</th>
<th>Residential and Assisted Living Communities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Policy Title: Life Enrichment Program-Memory Care</td>
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