3211 NURSING PERSONNEL

3211.1 Sufficient nursing time shall be given to each resident to ensure that the resident receives the following:

...(e) Encouragement, assistance, and training in self-care and group activities;

(f) Encouragement and assistance to:

... (3) Participate in meaningful social and recreational activities...

3213 RESTORATIVE NURSING CARE PROGRAM

(d) Encouraging residents to be independent in activities of daily living by teaching and explaining the importance of self-care, ensuring and assisting with transfer and ambulating activities, by allowing sufficient time for task completion by the residents, and by encouraging and honoring resident’s choices;

3230 RESIDENT ACTIVITIES

3230.1 In facilities of sixty (60) or more licensed beds, the activities program shall be directed by a recreational therapist or activities staff certified or recognized by an accredited body.

3230.2 Each resident shall be encouraged, but not required, to participate in the resident activities program.

3230.3 A resident activities program shall include, but not be limited to, the following:

(a) Active, passive, individual and group activities; and

(b) Activities for residents who are unable to leave their rooms, which shall be directed toward maintaining and promoting the well-being of each resident.

3230.4 Each facility shall provide the following:

(a) A diversity of physical, social, intellectual, spiritual, cultural, and recreational activities;

(b) Activities for bedridden residents, including, but not limited to:

(1) Large print books, current magazines and periodicals;

(2) A record or tape player;

(3) A television;

(4) A radio;
(5) Craft supplies; and

(6) Puzzles, games and playing cards;

(c) Locked storage for recreational equipment and supplies;

(d) Opportunity for interested family members and friends of residents to participate in facility activities that are specifically designed to include interested family members and friends;

(e) Opportunity to participate in community activities;

(f) Indoor and outdoor activities; and

(g) The opportunity to implement a pet program and, if adopted, development of policies and procedures for the care and maintenance of the animals.

3230.5 The responsibilities of the director of the activities program or his or her designee shall include, but not be limited to, the following:

(a) To provide direction and quality guidelines of the program;

(b) To develop and maintain a plan for the program and procedures for implementing the plan;

(c) To plan and budget for the program, including the number and levels of employees to be hired and the equipment and supplies to be purchased;

(d) To coordinate and integrate the program with other resident care services provided in the facility and in the community;

(e) To assist in the development of and participate in staff orientation and annual education programs for all staff in the facility;

(f) To develop a written monthly activities schedule in a large print calendar that includes date, time and location of each scheduled activity;

(g) To post the activities schedule on the first working day of each month at each nursing unit, at a height that can be clearly seen by residents in wheelchairs;

(h) To assure that visually, hearing and cognitively impaired residents know about posted activities;

(i) To assess the therapeutic activity needs and interests of each resident within fourteen (14) days of admission; and

(j) To participate in the development of an interdisciplinary care plan and reassess each resident's responses to activities at least quarterly after reviewing with each resident his or her participation in the activities program.

3234.7 The facility shall provide one (1) or more rooms designated for resident social, recreational, and dining activities which shall be:
(a) Easily accessible from each resident's bedroom;
(b) Well ventilated with designated smoking areas identified;
(c) Adequately furnished; and
(d) Have sufficient space to accommodate all activities.

3249. RESIDENT RECREATION AND SOCIAL AREAS

3249.1 Each nursing unit shall have, on the same floor as the unit, social recreation spaces in the amount of twenty (20) square feet per the average number of residents in the unit.

3249.2 Sound-insulated flexible partitions may be used to divide larger spaces.

3249.3 Each social area may also be used for small group dining, if there exists other social space sufficient to accommodate the average number of residents who may wish to occupy it at any one time.

3249.4 Each social area shall contain at least one (1) window providing natural light.

3249.5 Whenever possible, each social area shall be located along walls that receive at least two (2) hours of direct sunlight a day.

3249.6 Each social area shall be attractively furnished and attractively decorated.

3249.7 Each social area may contain plants and pets of suitable temperament.

3249.8 Furniture shall be arranged to facilitate small group conversation.

3249.9 A refreshment station shall be located near or adjacent to each social area.

3249.10 At least one (1) social area on each nursing unit shall be designated for quiet privacy and may be utilized by each resident and his or her visitor.

3249.11 Each facility shall provide at least one (1) room large enough to accommodate residents and staff for special events.

3249.12 The dining area may be used for social purposes when it can be shown that use of the room can be accommodated without interference with the facility's food services.

3249.13 For each newly constructed facility and those where there has been a change in the configuration of facility space, the social area shall be large enough for more than ten (10) residents.