CHAPTER 1-DEFINITIONS

“Activities Coordinator” means a person with one of the following qualifications:

a. Completion of a training course approved by the Department of Education; or
b. A Registered Occupational Therapist or an Occupational Therapy Assistant; or
c. A degree in Therapeutic Recreation.

Chapter 15 – Activities

15.A. The facility must provide for an ongoing program of activities designed to meet the interests and the physical, mental and psychosocial well-being of each resident in accordance with the comprehensive assessment.

15.A.1. Activities Coordinator

The Activities Coordinator shall be qualified by training or experience as evidenced by:

a. Having completed, or is currently enrolled in a training course approved by the Department of Education; or
b. Having completed an approved course prior to July 1, 1994; or
c. Is a registered occupational therapist or an occupational therapy assistant; or
d. Is a qualified therapeutic recreation specialist.

15.A.2. Staffing Hours

a. The Activities Coordinator's hours per week and those of the Assistant Activities Coordinator, if applicable, are in accordance with bed capacity as follows:

<table>
<thead>
<tr>
<th>Bed Capacity</th>
<th>Hours per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-30 beds</td>
<td>20 hours</td>
</tr>
<tr>
<td>31-60 beds</td>
<td>30 hours</td>
</tr>
<tr>
<td>61-90 beds</td>
<td>40 hours</td>
</tr>
<tr>
<td>91-120 beds</td>
<td>60 hours</td>
</tr>
<tr>
<td>121-150 beds</td>
<td>70 hours</td>
</tr>
<tr>
<td>151-180 beds</td>
<td>80 hours</td>
</tr>
</tbody>
</table>

b. Activities staff hours are included in the total direct care staff hours. The facility is responsible for establishing its own staffing patterns within the approved hours and assigning the staff according to the needs of the residents.

15.A.3. Responsibilities

The Activities Coordinator shall be responsible for the following:

a. Participating in the comprehensive assessments and development of the care plan by the multidisciplinary team.
b. Participating in the multidisciplinary team, review and revision of the plan of care at least quarterly.
c. Writing progress notes at least quarterly for those residents with problems identified on
the plan of Care in which the Activities Coordinator is involved.
d. Keeping individual records as prescribed by the plan of care.
e. Planning, coordinating and encouraging individual and group activities during both day
and evening hours, based on the comprehensive assessment of each resident’s needs and
interests.
f. Maintaining a monthly calendar of planned activities which is posted in a prominent place
and is easily readable by all residents.
g. Encouraging residents who are unable or who choose not to leave their rooms to
participate in individual and group activities.

15.A.4. Activities Staff

The Activities Coordinator should actively recruit volunteers from the community. The
Activities Coordinator may be assisted by supportive resource personnel such as the
activities assistant, administrative and nursing staff, and volunteers from the community.

15.A.5. Activities Equipment and Supplies

Each facility shall provide equipment and supplies as recommended by the Activities
Coordinator to fulfill the planned program.

15.A.6. Activities Areas

The living or recreation and dining room areas may be used for activities. Outside areas
accessible to the residents shall be provided and utilized for suitable activities.

15.A.7. Community Activities

Transportation shall be provided or arranged by the facility for the residents' participation
in facility planned community based activities.

23.C.5 Therapeutic Activities

Therapeutic activities can improve a resident’s eating and sleeping patterns; lessen
wandering, restlessness and anxiety; improve socialization and cooperation; delay
deterioration of skills; and improve behavior management. To this end, all facilities with
Alzheimer’s/Dementia Care Units shall provide for activities appropriate to the needs of the
individual residents. The following types of individual or group activities shall be offered at
least weekly:

a. Gross motor activities (e.g., exercise, dancing, gardening, cooking, etc.);
b. Self-care activities (e.g., dressing, personal hygiene/grooming, etc.);
c. Social activities (e.g., games, music, reminiscing, etc.);
d. Crafts (e.g., decorations, pictures, etc.);
e. Sensory enhancement activities (e.g., auditory, visual, olfactory and tactile stimulation,
etc.);
f. Outdoor activities, weather permitting (e.g., walking outdoors, field trips, etc.);
g. Spiritual activities;
h. Normative activities (e.g., domestic tasks, household chores, etc.); and
i. Therapeutic activities (e.g., music)