Part VI Social Services and Resident Activities

SECTION B -- Resident Activities

602.1 Activity Coordinator. An individual shall be designated as being in charge of resident activities. This individual shall have experience and/or training in group activities, or shall have consultation made available from a qualified recreational therapist or group activity leader.

602.2 Activity Program. Provisions shall be made for suitable recreational and entertainment activities for resident according to their needs and interests. These activities are an important adjunct to daily living and are to encourage restoration to self-care and resumption of normal activities. Variety in planning shall include some outdoor activities in suitable weather.

602.3 Supplies and Equipment. The facility shall make available a variety of supplies and equipment adequate to satisfy the individual interests of residents.

602.4 Living and/or Recreational Room(s).

a. Each facility shall provide adequate living room(s), day room(s) and/or recreational room(s) for residents and visitors. Each home should provide at least two areas for this purpose-one for small groups such as private visit with relatives and friends and one for larger group activities. A minimum of eighteen (18) square feet per bed shall be provided.

b. Dining area. A dining area shall be provided in facilities adequate to set at least three-fourths of the maximum capacity of the facility. The dining area may also be used for social, recreational, and/or religious services when not in use as a dining facility. A minimum of fifteen (15) square feet per person for three-fourths (3/4) of the capacity of the facility shall be provided.

602.5 Special Activities Area. Each facility should provide space for hobbies and activities that cannot be included in a day room, living room, or recreational room.

Outside Area. Adequate outside space should be provided for the use of residents in favorable weather.

103 THERAPEUTIC ACTIVITIES [ALZHEIMER’S/DEMENTIA SPECIAL CARE UNIT]

103.01 Therapeutic Activities. Therapeutic activities shall be provided to the residents of the A/D Unit seven (7) days per week. The therapeutic activities shall be scheduled by a Certified Therapeutic Recreation Specialist, a Qualified Therapeutic Recreation Specialist, or an Activity Consultant Certified, which must provide a minimum of eight (8) hours monthly in-house consultation to an activities designee.
1. Activities shall be delivered at various hours.

2. Opportunities shall be provided for daily involvement with nature, and sunshine (i.e., as in outdoor activities) as weather permits.

3. Residents will not be observed with negative outcome for long periods without meaningful activities.

4. Activities will:
   a. tap into better long-term memory than short;
   b. provide multiple short activities to work within short attention spans;
   c. provide experience with animals, nature, and children; and
   d. provide opportunities for physical, social, and emotional outlets.

5. Productive activities that create a feeling of usefulness shall be provided.

6. Leisure activities shall be provided.

7. Self-care activities shall be provided.

8. Planned and spontaneous activities shall be provided in the following areas:
   a. structured large and small groups;
   b. spontaneous intervention;
   c. domestic tasks/chores;
   d. life skills;
   e. work;
   f. relationships/social;
   g. leisure;
   h. seasonal;
   i. holidays,
   j. personal care;
   k. meal time; and
   l. intellectual, spiritual, creative, and physically active pursuits.

9. Activities will be based on cultural and lifestyle differences.

10. Activities shall be appropriate and meaningful for each resident, and shall respect a person’s age, beliefs, culture, values, and life experience.

106 PHYSICAL LAYOUT [ALZHEIMER’S/DEMENTIA SPECIAL CARE UNIT]

106.01 Physical Design. In addition to the physical plant standards required for the licensed facility, an A/D Unit shall include the following:

1. A separate multipurpose room for dining, group, and individual activities, and family visits which is a minimum of forty (40) square feet per resident, but in no case shall be smaller than three hundred-twenty (320) square feet.