411-085-0005 Definitions
(Effective 08/01/2004)

As used in OAR Chapter 411, Divisions 70 and 85 through 89, unless the rule requires otherwise, the following definitions apply:

...(3) "Activities Program" means services offered to each resident that encourage the resident to participate in physical and mental exercise and that are designed to maintain or improve physical and mental well-being and social skills.

411-087-0300 Residents' Dining, Activities and Living Areas (Effective 1/1/92)

(1) AREA REQUIREMENT. The total area available for dining, activities, visitor waiting and living shall be not less than 30 square feet per bed with a minimum size of 225 square feet. Additional space shall be provided for outpatients if they participate in a day care program.

(2) STORAGE. Storage space shall be provided for activity equipment and supplies.

(3) LIVING AREAS. Each facility shall have a solarium, living room, or sun porch for the use of residents on each floor. Such rooms must be provided with mechanical ventilation or with windows that open.

(4) LIGHTING. Lighting intensity of all dining, activities and living areas shall comply with Table 87-4.

(5) EXCEPTIONS. Facilities continuously licensed since January 1, 1992, shall not be required to meet the area requirements for dining, activities, visitor area/lounge and living space (30 square feet per bed) unless otherwise provided by OAR 411-087-0010.

Stat. Auth.: ORS 410
Stats. Implemented: ORS 441.055 & 441.615

411-086-0230 Activity Services

(1) ACTIVITY PROGRAM: The facility shall have an activity program available to all residents which encourages each resident to maintain normal activity and to return to self-care. The program shall address the intellectual, social, spiritual, creative, and physical need(s), capabilities, and interests of each resident, and shall encourage resident self-direction.

(a) The program shall encourage involvement and allow each resident to attain and maintain function at his/her highest practical level, and shall include both group and individual activities.
(b) Residents and staff will be informed of scheduled activities.

(c) The program shall include activities meaningful to the residents at least six days per week, including:

(A) Gross motor activities (e.g., exercise, dancing, gardening, crafts);

(B) Individual self-care activities designed to enhance personal responsibility and choice (e.g., dressing, personal hygiene);

(C) Social activities (e.g., games, outside activities, field trips); and

(D) Sensory enhancement activities (e.g., pictures, music, olfactory and tactile stimulation, reminiscing, pet therapy).

(d) The facility shall provide equipment, supplies and space to meet individual and group activity needs.

(2) ACTIVITY DIRECTOR. The facility shall employ an Activity Director. He/she shall have a written job description which identifies the duties and responsibilities of the position, including the requirements set forth by this rule.

(a) Qualifications. The Director shall meet one of the following:

(A) Have two years experience in a social or recreational program within the past five years, one of which was full-time in a patient activities program in a health care setting; or

(B) Be eligible for certification as a therapeutic recreation specialist by a recognized accrediting body; or

(C) Be a qualified occupational therapist or occupational therapy assistant; or

(D) Have completed a 36-hour activities workshop. The workshop must be conducted by an individual with a master’s or bachelor’s degree in recreation therapy or a closely related field, or by a registered occupational therapist. Such individual must have at least one year of experience in long term care services. The course must cover the subject matters identified in Exhibit 86-1, which is attached to and made a part of these rules.

(b) Responsibilities. The Director shall:

(A) Ensure the provision of an activities program as required by this rule and adherence to facility policy (OAR 411-085-0210).

(B) Plan and participate in activities inservice required by OAR 411-086-0310.

(3) STAFFING. The facility shall have adequate staffing to carry out the activity program.

(4) ACTIVITIES PLAN. Each resident shall have an activities plan for independent and group activities which is incorporated into the comprehensive care plan. The plan shall include, but not be limited to, past and current interests and activities, skills, medical limitations, and cognitive and emotional functioning.
(a) Activity services shall be available to the resident in accordance with the preliminary resident care plan not later than 24 hours after admission.

(b) The activities plan shall be reviewed and updated as frequently as the resident’s condition or needs change, but no less often than quarterly.

(c) The clinical record shall contain written instructions or orders from the resident’s attending physician stating the level of activity allowed and any activity restrictions.

(5) DOCUMENTATION.

(a) The involvement of each resident shall be documented in the resident’s clinical record, including the type of activity and the degree of participation.

(b) Progress notes relevant to the activities plan shall be documented in the resident’s clinical record as frequently as the resident’s condition changes, but no less often than quarterly.


Stats. Implemented: ORS 441.055 & 441.615