

# Activity Policy



## **POLICY AND PLAN:**

This community shall assist, encourage, and promote residents to maintain and develop their highest potential for independent living through their participation in recreational and other activities. The Administrator is responsible to see that all residents have the opportunity to participate in the community activities. The administrator will ensure that activities engage the residents and are tailored to the residents' likes and abilities.

## **ACTIVITY OPPORTUNITIES:**

This community shall include opportunities from the following activities:

- A. Socialization through group discussion, conversation, recreation, visiting, arts and crafts, music
  - B. Daily living activities to foster and maintain independent functioning
  - C. Physical activities such as games, sports, and exercises which develop and maintain strength, coordination, and range of motion
  - D. Education through special classes or activities
  - E. Leisure time so residents may engage in activities of their own choosing
- These activities may include among other things the following: reminiscing, aroma therapy, massage therapy, exercise, bingo, manicures, games, musical entertainment, parties, joy rides, reading, religious services, bible study, picnics, walks, dancers, current events, etc.

## **COMMUNITY RESOURCES FOR ACTIVITIES:**

This community may utilize community resources to promote resident participation in integrated activities of their choice both in and away from this community. The administrator may hire and/or invite volunteers from the community to perform various activities for the residents. Community members may perform in the community. The administrator will ensure that residents have the opportunity to attend activities outside the community as well. This may involve engaging residents' family members to transport residents to outside functions. The community may also assist in transportation to outside activities as well when appropriate.