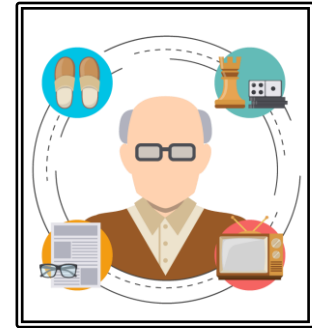


RESIDENT ENGAGEMENT IDEAS DURING COVID-19 RESTRICTIONS

1. Individual/Room Programming

- **Nostalgic entertainment:**
 - Old radio shows (<http://www.otr.net/>)
 - Old TV programs (full episodes can be found on YouTube)
- **Interactions with Family:**
 - phone and video calls between residents and their families
 - scheduled window visits
- **Crafts:**
 - seasonal - small bulbs and seed planting
 - fresh or artificial flower arranging
 - making seasonal flowers or decorations from craft supplies
 - make greeting cards for the resident's family
 - painting
 - window art
 - colouring (<http://www.supercoloring.com/collections/coloring-pages-for-adults>)
 - creation of a sign thanking the community for all the continued support - residents individually contributed towards the creation of the sign
- **Virtual field trips:**
 - Ontario destinations (<https://attractionsontario.ca/virtual-tours-online-collections/>)
 - Worldwide destinations (<https://enroute.aircanada.com/en/article/virtual-field-trips>)
 - Museums (<https://artsandculture.google.com/partner?hl=en&tab=pop>)
- **Music activities:**
 - individualized/roommate playlists shared using tablets and Bluetooth speakers
 - play “Name that Tune”
 - music memories
 - sing-a-longs
 - recorded virtual performances- shown on tablets
- **Games:**
 - window games with laminated game pieces or window chalk
 - spelling bees
 - online board games or card games (<https://www.cardzmania.com/>)
- **Puzzles:**
 - laminated or photocopied word puzzles (i.e. word finds, word scrambles or spot the difference puzzles)
 - online jigsaw puzzles (<https://www.jigidi.com/>)
- **Therapy Dogs:**
 - window visits
 - sharing the St. John's Ambulance pet therapy video using a tablet
- **Spiritual Programs:**
 - Mass and Rosary shared through YouTube
 - daily bible readings
 - gospel on the go music choices
- **Beauty Boutique:**
 - hand massages
 - brush and style the residents' hair
 - paint residents' nails
 - glamour shots
- **1:1 exercises:**
 - walking in the hallway
 - stretching exercises in the resident's room

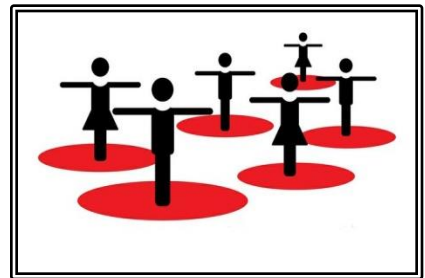


1. Individual/Room Programming cont.

- Sharing photos and videos of pets – shared through the home's tablet
- Pen Pal program:
 - staff/their children, residents or family send mail to residents (via mail or email)
 - staff read the mail to residents if assistance is needed and then staff assist the resident to return letters
- Reading groups – Dementiability books, short stories, "Chicken Soup for the Soul", magazines

2. Group/Unit Programming

- **Livestream entertainers**- streamed to TV areas
- **Reading groups** – Dementiability books, short stories
- **Hallway Activities:**
 - Bingo
 - balloon toss
 - exercise
 - crafts
 - chair yoga (<http://www.activeperleyrideau.com/chair-yoga->)
 - laughter yoga (<http://www.laughteryoga.org>)
(some activities may require the resident to be set up with tray table in their door way)
- **Food programs:**
 - treat carts including ice cream, chips, cheesies, chocolate bars, Tim Horton's, popsicles, milkshakes
 - build your own sundae
- **Spirit week or days** - residents and staff dress up and have some fun
 - examples could include, Manic Monday, Western Tuesday, Hawaiian Wednesday, Crazy Hair Day Thursday, 80's Friday
- **Message boards:**
 - daily riddles or jokes
 - "Who Am I" quizzes – three clues posted daily and the residents guess which staff member the clues are referring to



* Unit program times are based upon resident routine and receptiveness (i.e. if a unit has a significant number of residents who rest in the afternoon, then morning group programming is offered on this unit).



Keys to Success

- All staff (PSWs, Nursing, Dietary, Housekeeping, Laundry and Management) are involved in the delivery of the programming – each staff member takes a few minutes each day to engage residents.
- Ensure proper sanitization of hands and surfaces prior to beginning and at the end of each program/activity

Thank you to the Southeast region's LTCHs, the Seniors Mental Health Behavioural Support Services Teams and the Community Health Care Partners who contributed ideas in the development of this resource.