

# Dissemination Slide Deck

## **Meaningful Engagement Resource Guide:** Evidence-based activities for older adults

Developed by: The Behavioural Supports Ontario Provincial Coordinating Office

**January 2026**



Behavioural Supports Ontario  
Soutien en cas des troubles du comportement en Ontario

# Initial Reflection

## Initial Reflection

*The Meaningful Engagement Resource Guide reinforces that engagement is not about a one-time activity, but rather an ongoing, intentional process grounded in trust, equity, and shared responsibility.*



# What is Meaningful Engagement?

- Activities and interactions that are grounded based on a person's identity, preferences, abilities, and life story.
- Moves beyond "keeping busy" to create purpose, joy, comfort, and connection.
- Supports all aspects of the individual
- Promotes dignity, autonomy, belonging, and person-centered care.

Care and support goes beyond maintaining someone's physical health, we need to broaden our approach to care for the whole person and support their quality of life.

It's not just about keeping busy, it's about truly engaging and cherishing our time together.



# Why is Meaningful Engagement Important?

- Reduces boredom, loneliness, and unmet needs that often lead to responsive behaviours/personal expressions.
- Decrease the risk of delirium.
- Improves mood, cognitive stimulation, connection, and overall quality of life.
- Lowers stress for care partners by creating smoother, more positive interactions
- Supports restraint reduction by addressing root causes of distress in safer, person-centred ways
- Strengthens inclusivity by honouring each person's cultural identity, values, and lived experience



It helps my family understand how to include me, not just care for me.



# Meaningful Engagement Resource Guide:

## Evidence-based activities for older adults

### Background of the *NEW* Resource Guide:

- Created an enhanced resource guide for ALL sectors.
- Promotes non-pharmacological approaches to unmet needs.
- Provides inclusive, accessible strategies that embrace equity, diversity, and inclusion for culture considerations.
- Aims to reduce chemical & physical restraint use in hospitals.
- Anyone can use it: point of care team members, volunteers, family, older adult leaders/residents.
- Fosters purposeful engagement and improved quality of life for older adults.

Using engagement interventions and approaches has shown a reduction in the use of physical and chemical restraints, and staff using these ideas have found it easier to care for their patients.

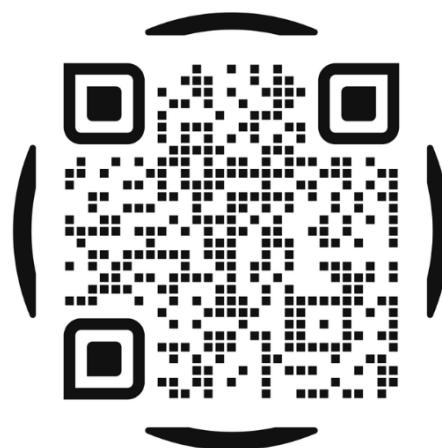


# Meaningful Engagement Resource Guide:

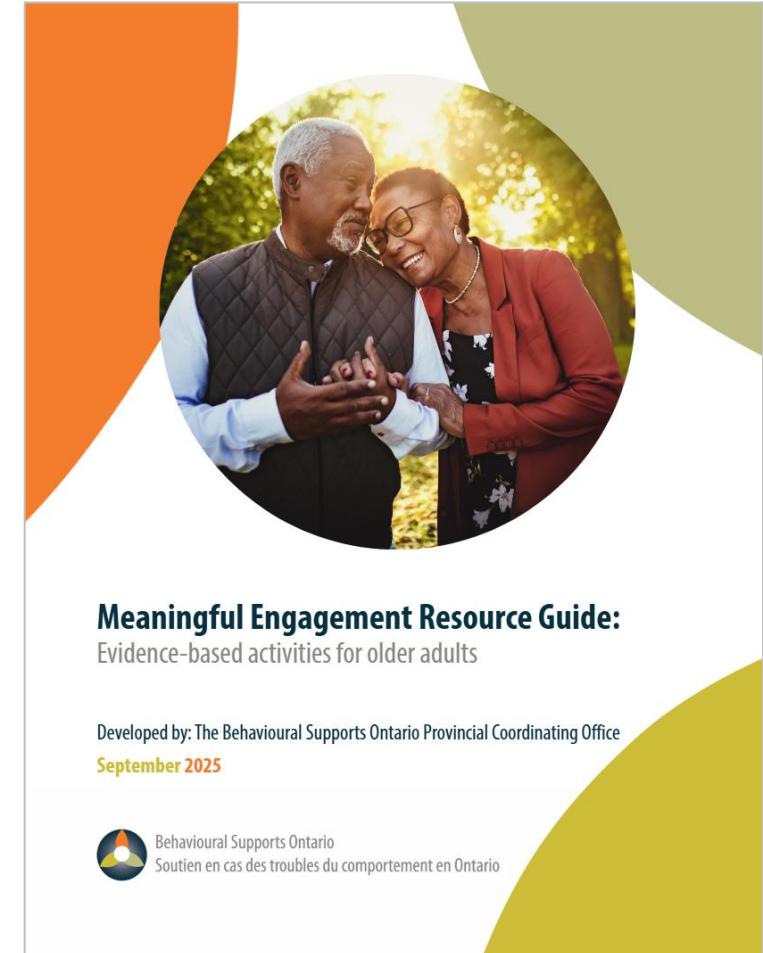
## Evidence-based activities for older adults

### Purpose of the resource guide:

Offer a range of evidence-based, non-pharmacological activities designed to promote purposeful engagement and enhance the well-being of older adults across various care sectors.



**Officially Launched: September 9, 2025**



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# Meaningful Engagement Resource Guide:

## Evidence-based activities for older adults

### Guidelines for Use:

**Step 1:** Complete My Personhood Summary©

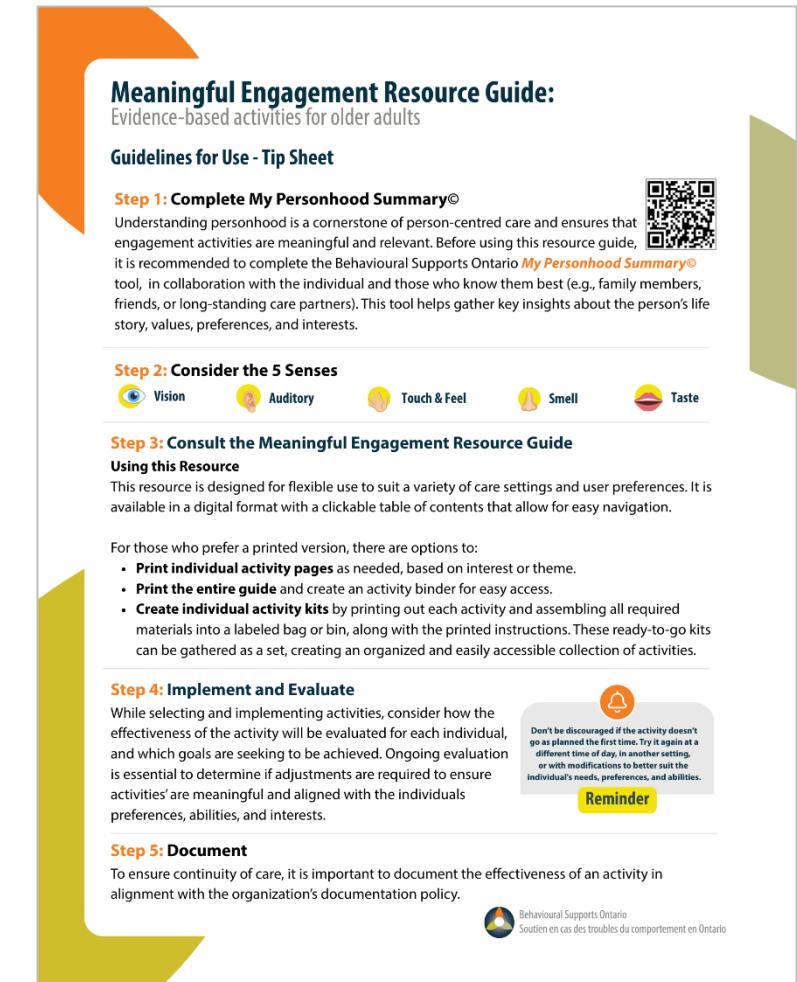
**Step 2:** Consider the 5 Senses

**Step 3:** Consult the Meaningful Engagement Resource Guide

**Step 4:** Implement and Evaluate

**Step 5:** Document

There are many recreation based resources out there, but this one stands out because it provides a guidelines for use and integrates other BSO related tools into it, making it very practical.



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Evidence-based activities for older adults

**Guidelines for Use - Tip Sheet**

**Step 1: Complete My Personhood Summary©**  
Understanding personhood is a cornerstone of person-centred care and ensures that engagement activities are meaningful and relevant. Before using this resource guide, it is recommended to complete the Behavioural Supports Ontario *My Personhood Summary©* tool, in collaboration with the individual and those who know them best (e.g., family members, friends, or long-standing care partners). This tool helps gather key insights about the person's life story, values, preferences, and interests.

**Step 2: Consider the 5 Senses**  
Vision      Auditory      Touch & Feel      Smell      Taste

**Step 3: Consult the Meaningful Engagement Resource Guide**  
Using this Resource  
This resource is designed for flexible use to suit a variety of care settings and user preferences. It is available in a digital format with a clickable table of contents that allow for easy navigation.

For those who prefer a printed version, there are options to:

- Print individual activity pages as needed, based on interest or theme.
- Print the entire guide and create an activity binder for easy access.
- Create individual activity kits by printing out each activity and assembling all required materials into a labeled bag or bin, along with the printed instructions. These ready-to-go kits can be gathered as a set, creating an organized and easily accessible collection of activities.

**Step 4: Implement and Evaluate**  
While selecting and implementing activities, consider how the effectiveness of the activity will be evaluated for each individual, and which goals are seeking to be achieved. Ongoing evaluation is essential to determine if adjustments are required to ensure activities' are meaningful and aligned with the individuals' preferences, abilities, and interests.

**Step 5: Document**  
To ensure continuity of care, it is important to document the effectiveness of an activity in alignment with the organization's documentation policy.

**Reminder**  
Don't be discouraged if the activity doesn't go as planned the first time. Try it again at a different time of day, in another setting, or with modifications to better suit the individual's needs, preferences, and abilities.

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# Meaningful Engagement Resource Guide:

## Evidence-based activities for older adults

### Table of Contents:

- Introduction
- Multisensory Therapies
- Memory and Reflection
- Body & Movement
- Creative & Expressive Arts
- Cognitive Stimulation & Skill Development
- Technology & Multi-media
- Beliefs & Practice

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#### We want to hear from you!

Your feedback is important to us. Please take a moment to share your thoughts on the *Meaningful Engagement Resource Guide*.  
[Click here to complete the feedback survey.](#)

Thank you for your time and support!



The activities here  
remind me that I still  
have so much to offer.



# Meaningful Engagement Resource Guide:

## Evidence-based activities for older adults

### Activity Layout:

- Consistent structure for easy use.
- Objective and materials needed.
- Instructions for both individual and group-based activities.
- Adaptation tip to adjust the activity to various care settings, abilities, needs, and cultural considerations.



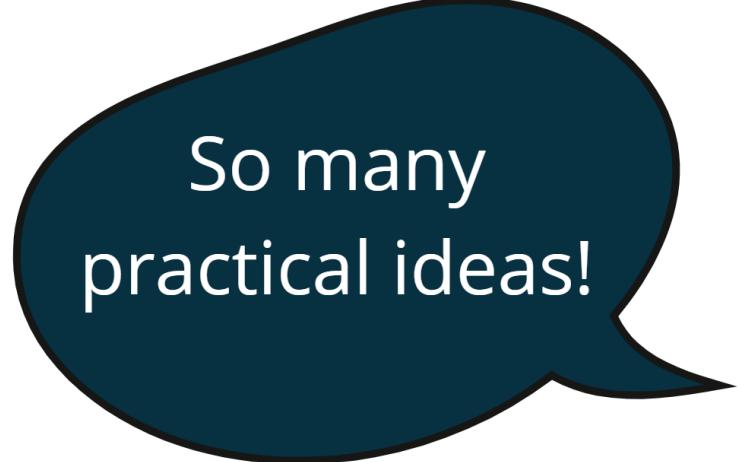
# Meaningful Engagement Resource Guide:

## Evidence-based activities for older adults

### How to use this resource?

Designed for flexible use to suit a variety of care settings and user preferences.

- Choose the format that works for you:
  - Use the digital guide with hyperlinks to activities
  - Print individual activity pages as needed
  - Print the full guide for shared spaces
  - Create activity kits for quick, grab-and-go use.
- Integrate into existing workflows:
  - Embed into volunteer orientation and training
  - Align with organizational programs (e.g. HELP or similar engagement initiatives)
  - Adapt temporarily



So many practical ideas!

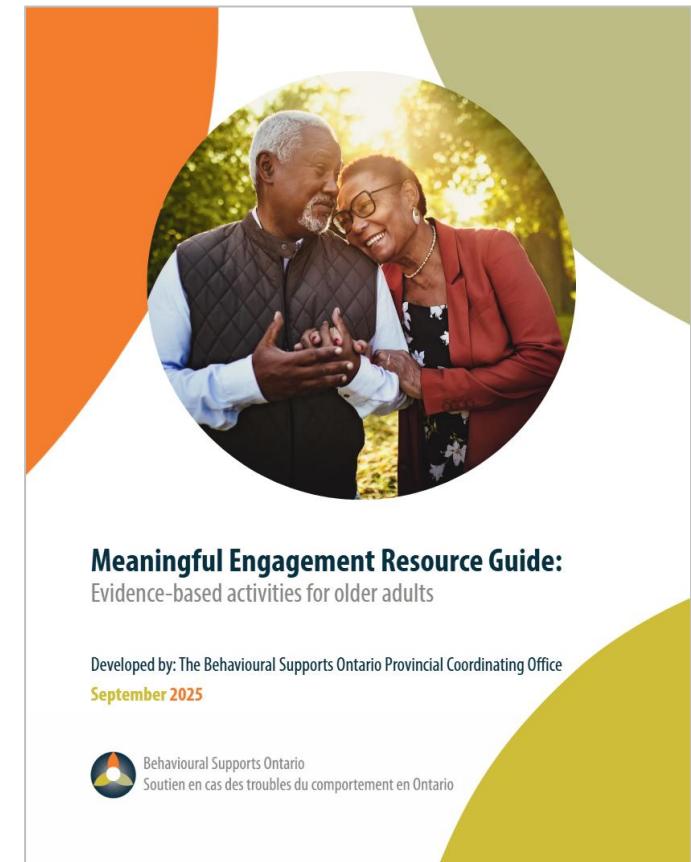


# Meaningful Engagement Resource Guide:

## Evidence-based activities for older adults

### Implementation

- Use the guide as a **proactive, flexible tool** to support meaningful engagement
- Focus on **small, realistic actions** that fit daily roles and routines
- Approach implementation as a **team effort**, adapting to your setting and resources
- Identify **team champions and leadership support** to build momentum
- **Recognize and celebrate successes** that create connection, calm, and joy



# Meaningful Engagement Resource Guide:

## Evidence-based activities for older adults

### Feedback Form:

- Encourage your team to provide feedback.
- Collecting this feedback is important to ensure the tool remains relevant, effective, and continuously improved to meet the needs of users.
- Click on the digital link or use the QR code to complete the survey – found on page #2 of the resource guide.

**We want to hear from you!**

Your feedback is important to us. Please take a moment to share your thoughts on the *Meaningful Engagement Resource Guide*.

[\*\*Click here to complete the feedback survey.\*\*](#)

Thank you for your time and support!





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# Contact us



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