

Meaningful Engagement Resource Guide:

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.



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.

Reminder

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.



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