



## 101 Ideas for In-Room & 1-to-1 Activity Programs

Since our founding in 1986, NCCAP has been accepted by CMS for meeting the highest standard in the delivery of the Social Model of Care. We've trained and certified over 150,000 caregivers to provide life-enriching activities that promote physical and mental function and enhance psychosocial well-being.

### Socialization

1. Update on family and friends: talk about family photos, received mail
2. Reminiscing, using reminiscing cards, magazines, photos
3. Current events, reading the newspaper together
4. Discussion of holidays, seasons, cultural events: using material from programming periodicals, ideas magazines, reminiscing magazines or Internet sites
5. Topical discussions: discuss art, gardening, music, poetry, history using periodicals or props
6. Sports: current sports news or discussion of past sporting topics using props
7. Old radio favorites: listening to radio tapes and discussing
8. Travel discussion: old photos of travel locations, videos, info from travel agents or the internet
9. Oral history: assist them to write their autobiography
10. Start a journal
11. Cultural discussion: drama, the theater, opera, gourmet foods and using appropriate cues
12. Create a memory book or memory collage using photos or magazines
13. Create a scrapbook of photos and mail received
14. Keep a weather calendar
15. Decorate a personal bulletin board in their room
16. Traveling parties: Schedule a Tea Time or food-focused visit
17. Create a visit kit: items related to a topic are packed into a box. Focus on discussing the items as they are removed from the box. Consider focusing on a particular theme of interest
18. Cooking in-room with a blender or toaster oven. Make in-room smoothies, pizza's, cut and bake cookies. Make the item and socialize while eating
19. Look at cookbooks and discuss recipes
20. Visit with a resident's pet.

### Intellectual or Mental Stimulation

21. Book review and discussion
22. Crosswords and related word games, done together for discussion
23. Creative writing of poetry and stories.
24. Stock market discussion
25. Assisting with the facility newsletter by assisting to write an article
26. Spelling bees or trivia
27. Traveling art gallery: posters and art work for discussion



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*Enriching Lives Through Person-Centered Engagement*

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28. Memory games (shake loose a memory, etc.)
29. Association/matching cards
30. Magazine scavenger hunt
31. Scrabble spelling game (scrabble tiles in a can, shake them out and spell a word with letters)
32. Learning something new through correspondence coursework
33. Access the internet (would need wireless access on unit) and learn to use the computer

## Creativity

34. Simple, no mess crafts: decorating stationary with stickers or stamps
35. In room drawing or painting
36. Creating decorations for the display in the room
37. Seasonal crafts for display on the door
38. Introduce a project to be done during non-visiting time: rug hooking, needlework, wood working
39. Simple crafts to be left in the room
40. Quilting bee: each resident makes a square which is joined together into one big quilt
41. Collaborative stories or poems: the story begins with one person and continues with each person adding to the story during consecutive room visits
42. Cake decorating in room: decorate a personal cupcake

## Games

### Table Games

43. All sorts of table games: checkers, backgammon, dominoes, tic-tac-toe, Parcheesi, Sorry, Mille Bornes, Yatzee, Scrabble, Battleship
44. Cards: War, Concentration, Go Fish, Uno, Bunko, Rummy
45. Hand-held video games
46. Room-to-room bingo

### Physical Games

47. Balloon/ball toss
48. Basketball and any target tossing activity
49. Velcro throw games
50. Table-top bowling
51. Horseracing
52. In room exercise

### Music

53. Independent listening: selecting and discussing preferred music
54. Music appreciation: specific music types, composers listened to and discussed



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55. Lap piano, name that tune or sing a long
56. Sing a long video in room
57. Traveling entertainers to the room
58. Musical chimes: make music together

### Service/Work

59. Clip coupons for staff (left at nursing station or break room)
60. Collate, assemble facility newsletter
61. Bulk mailings
62. Winding yarn, straightening button or other craft containers
63. Cutting decorations for bulletin boards or other craft programs

### Spirituality

64. Bible readings, discussion, stories, tapes or trivia
65. Clergy/Rabbi visits with holiday acknowledgements in room
66. Read daily word or Spiritual quote and discuss together
67. Hymn sing or listen to music

### Self Help

68. Facials, manicures, hair pampering
69. Household activities: straighten drawers or closets, organize paper, or jewelry box
70. Shoe shining, mending clothes
71. Writing letters
72. Assisting in making phone calls
73. Assisting in taking care of in room plants (watering, re-potting)
74. Preparing for discharge (sub-acute residents), introducing adaptive equipment, if needed
75. Mail Order shopping for the holidays
76. Introduce relaxation techniques or guided meditation

### Sensory/Cognitive Stimulation

77. Sensory materials
78. Touch: fabrics, tactile objects (hard, soft, smooth rough warm and cool)
79. Olfactory: scents, oils, spices, scratch and sniff stickers, familiar odors, and sachets
80. Auditory: musical tapes, sound identification tapes, music buttons, individual reading
81. Visual: pictures, photos, mobiles, reminiscing cards, calendar pictures
82. Theme sensory boxes
83. Scented lotions for hand massages
84. Aromatherapy sachets
85. Sorting activities, matching activities



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86. Memory boxes with items related to current season and time
87. Sensory puzzles, tactile puzzles, lacing cards
88. Working clock and calendar for discussion of time and date (if appropriate)
89. Map of your State to discuss location of community and where resident has traveled

## On-going Focus

90. Portable VCR/DVD and choice of movies
91. Closed circuit television/viewing program
92. Sensory poles
93. Visiting birds
94. Plants in room, visiting plants
95. Bedscapes
96. Painted ceiling tiles
97. Bird feeders outside windows
98. Music, CD, cassettes left in room
99. Mobiles
100. Memory wall within the line of vision
101. Magazines and books left in room