

MDS Alert

ACTIVITIES :Do Your Facility's Activities Include These Key Therapeutic Design Elements?

This quick 8-point checklist can keep your programming on the mark.

Activities should meet the following key criteria, suggests **Reta Underwood**, an activities specialist and president of Consultants for Long Term Care Inc. in Buckner, Ky.

1. The activity has a purpose and is meaningful for the resident;
2. The activity offers a reasonable chance for success;
3. The activity does not add anxiety or reinforce inadequacy;
4. The activity is individualized for one;
5. The activity is satisfying and enjoyable;
6. The activity significantly reduces unplanned hours;
7. The activity capitalizes on existing abilities; and,
8. The activity is culturally appropriate. Copyrighted in 2007 by Consultants for Long Term Care Inc. Used by written permission.