

Creating Always Available Activity Kits

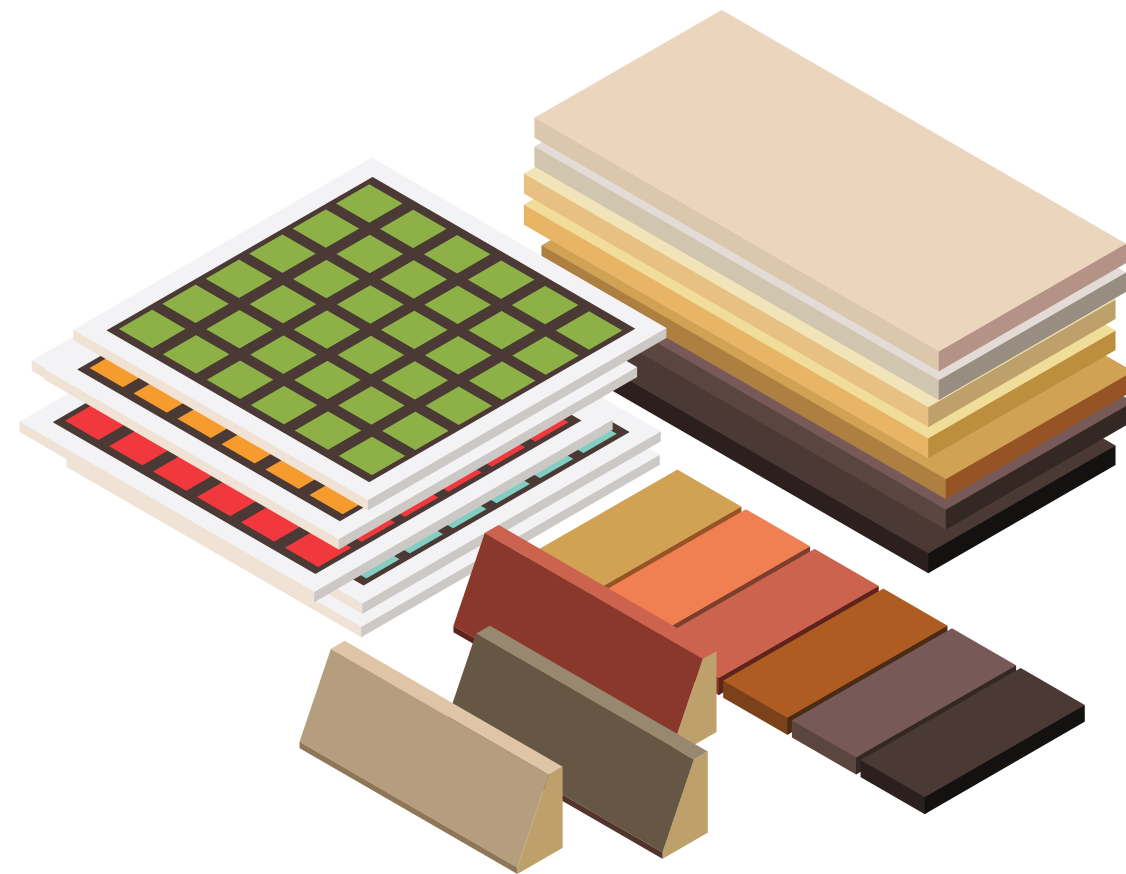
A Guide for Safe & Meaningful Recreation
Supplies for Staff, Families, Volunteers &
Residents.

NCCDP In-service Toolkit



What is an Always Available Activity Kit ?

- **Definition:** A collection of recreation supplies that are safe and can be put in a bin or basket and can be kept in a central location to be accessed by staff, families, volunteers and residents

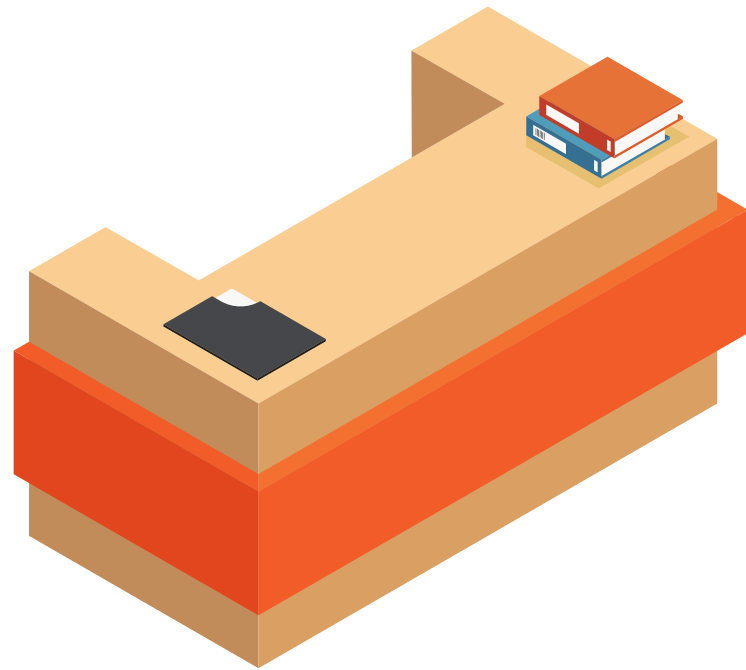


Why Would You Create Always Available Activity Kits?

- To enhance daily quality of life of the resident
- To provide tools for easy use for engagement and purpose
- To supplement the scheduled group activity program
- To reduce agitation and boredom



Where Would You Keep Activity Kits Located ?



- Entry way
- On an accessible shelf or piece of furniture such as a cubbie storage unit
- In the care office
- In the activity room
- In the sensory room
- In the volunteer office
- At the reception desk
- At the nurses station
- In the common areas
- On tables for residents to access

What are Some Examples of Activity Kits?



- Colored photographs with conversation starters
- Colored pencils, markers and adult art pages
- Folding laundry
- Sorting
- Matching
- Word games and markers
- Puzzles
- Soft sensory or tactile items that can be safely left unsecured



Let's Chat...

Where did you grow up?

Did you have any brothers or sisters?

What is your middle name?

What is your favorite holiday?

Did you ever play an instrument?

What is your favorite childhood memory?

What type of child were you?

What do you miss about being a kid?

What was your favorite subject when you were in school?

What was your first job?

Have you ever been in love?

How did you meet your spouse?



Do you like to watch T.V? What shows?

Have you ever traveled? Where was your favorite place?

What is your favorite food?

What is the favorite dish your mom made for you?

Do you have a favorite song? If so what is it ? Will you sing it for me?

Do you have children? What are their names?

What is the best advice you ever received?

What is the most adventurous thing you have done in your life?

Tell me about your first car...

Do you like coffee? How do you take yours...

Examples of one Approach to Activity Kits



Example of Entryway Visitor Activity Kit



Example of Nursing Station Activity Kits

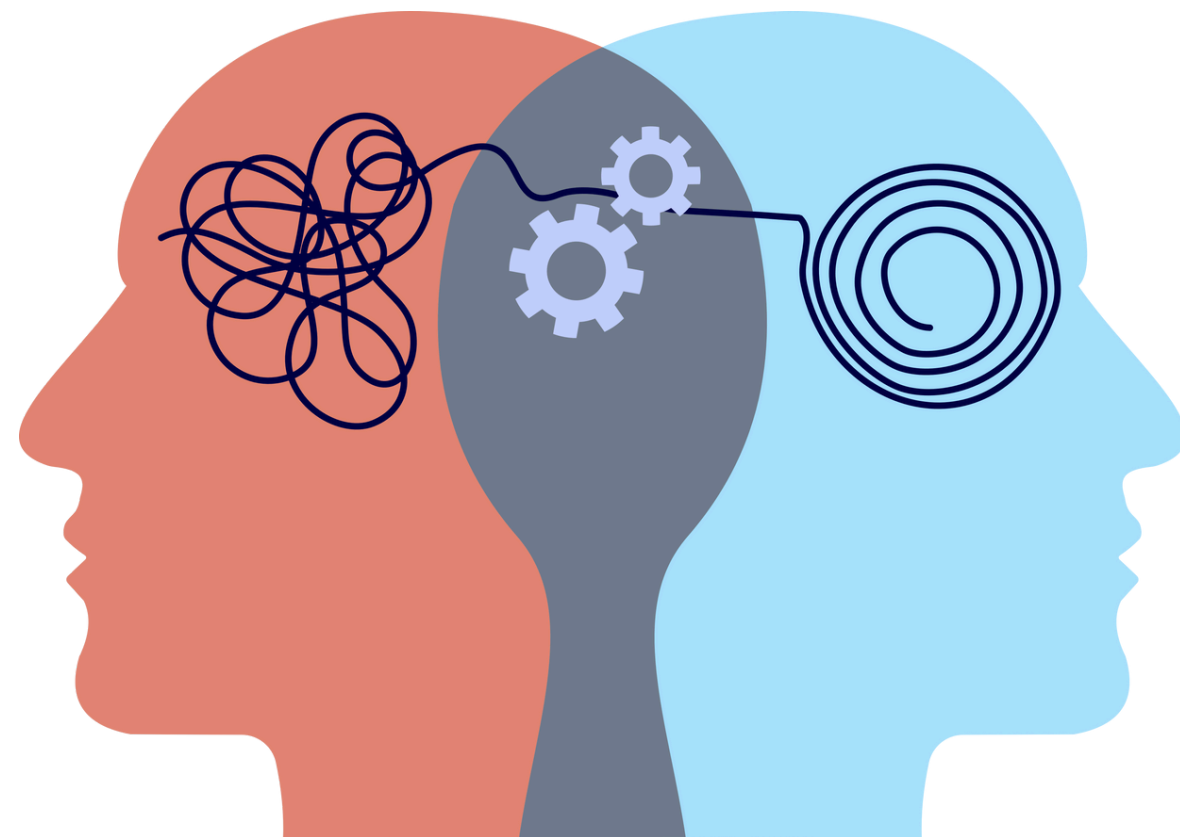


Key Considerations



- Discuss and review with your nursing team about items that can be left out safely
- Complete an in-service with the care team about what they are , why they were created and how to use them
- Consider having a log for the team to document when they utilize these with a resident
- Consider downloading www.activityconnection.com and accessing a subscription for word games, art pages and daily newspaper to add to your kits
- Add to your family newsletter and overview of what these are and where they are located

Certifications & Additional Information



National Council of Certified Dementia Practitioners (NCCDP)

www.nccdp.org

- ADDC Alzheimer's Disease and Dementia Care curriculum
- CDP Certified Dementia Practitioner
- CADDCT Certified Alzheimer's Disease and Dementia Care Trainer
- CDCM Certified Dementia Care Manager
- CDSGF Certified Dementia Support Group Facilitator
- CFRDT Certified First Responder Dementia Trainer

International Council of Certified Dementia Practitioners (ICCDP)

www.iccdp.net

- CMDCP Certified Montessori Dementia Care Professional
- CDP Certified Dementia Practitioner