

Creating Successful Outings for Memory care

Engaging through adaptive recreation in the community

NCCDP In-service Toolkit



What is a Community Outing?

A Community Outing

A prepared opportunity to participate in recreation in the community in a successful and adapted way to have enjoyment and engagement



Considerations for Community Outings



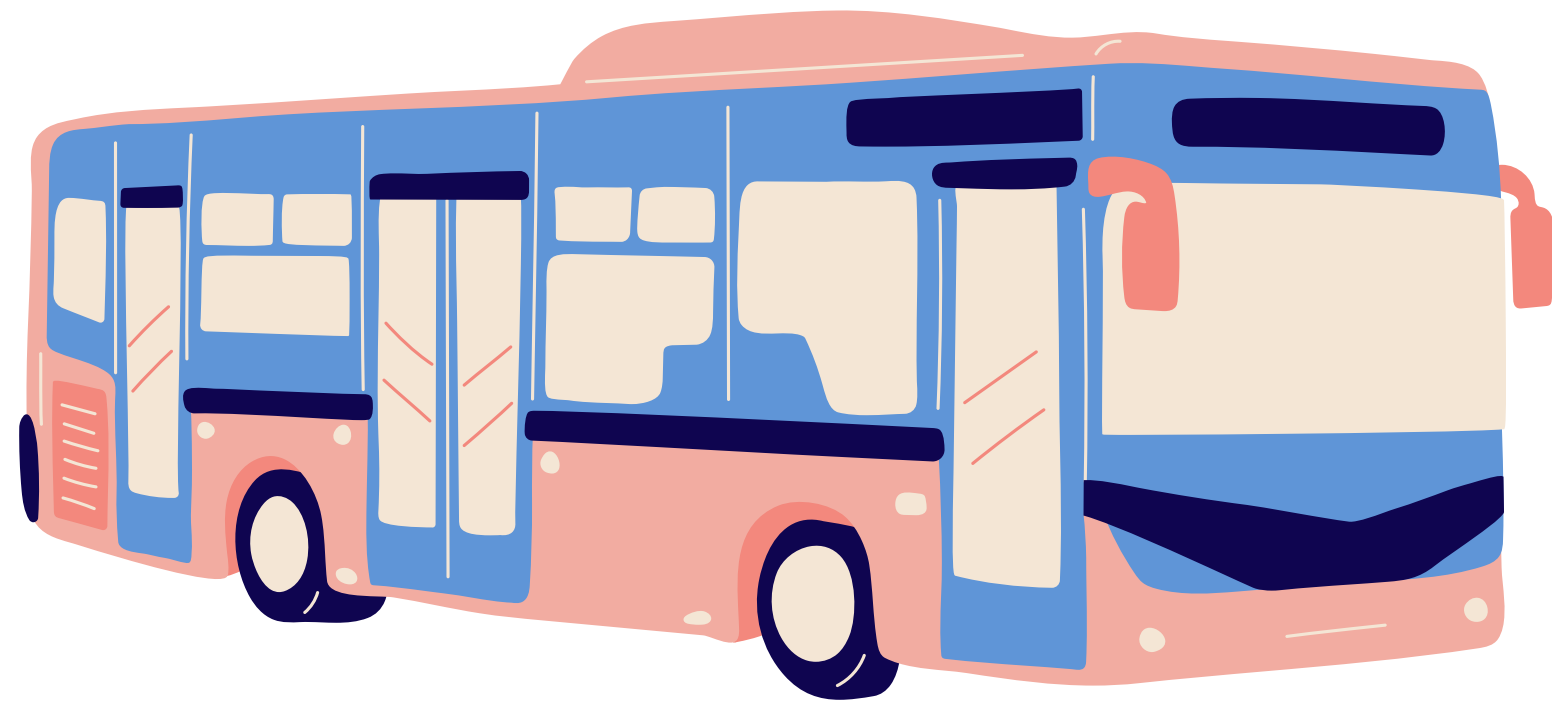
- Identify appropriate participants who can safely enjoy the outing with approval from nursing and administrator
- Call ahead to be sure they can accommodate your special population
- Understand all of the steps needed for success and preparation
- Establish outings around interests and hobbies of the residents
- Be sure you have adequate family and volunteers to participate with staff for good support ratios

Care Considerations



- Review residents who can safely participate
- May need doctor's orders
- May need family permission
- Make sure residents have had opportunity to use the restroom before leaving
- Make sure residents are dressed for the weather and occasion with proper footwear
- Bring information sheets of residents with emergency contact, allergies and DNR
- Bring supply bag with wipes, gloves , continence products and first aid kit

Planning Considerations



- Call ahead to be sure they can accommodate your resident needs and wheelchair accommodations
- Confirm where the residents can be let off
- Confirm where the transportation can park
- Determine funding/ money needs for the group if cash or credit card
- Explain the group has dementia and adaptations to consider to make the outing successful
- Have a flyer and sign up sheet for families to sign up to join you

Ideas for Outings



- Themed scenic ride for the season
- 50's music , rootbeer floats, and drive through the neighborhoods
- Lemonade, summer songs and go feed/observe the ducks
- Apple cider, big band music and fall foliage tour
- Cocoa and caroling and Christmas lights tour
- Coffee, marching band music and watch a football team practice
- Country tunes, milkshakes and see local landmarks

More Ideas for Outings



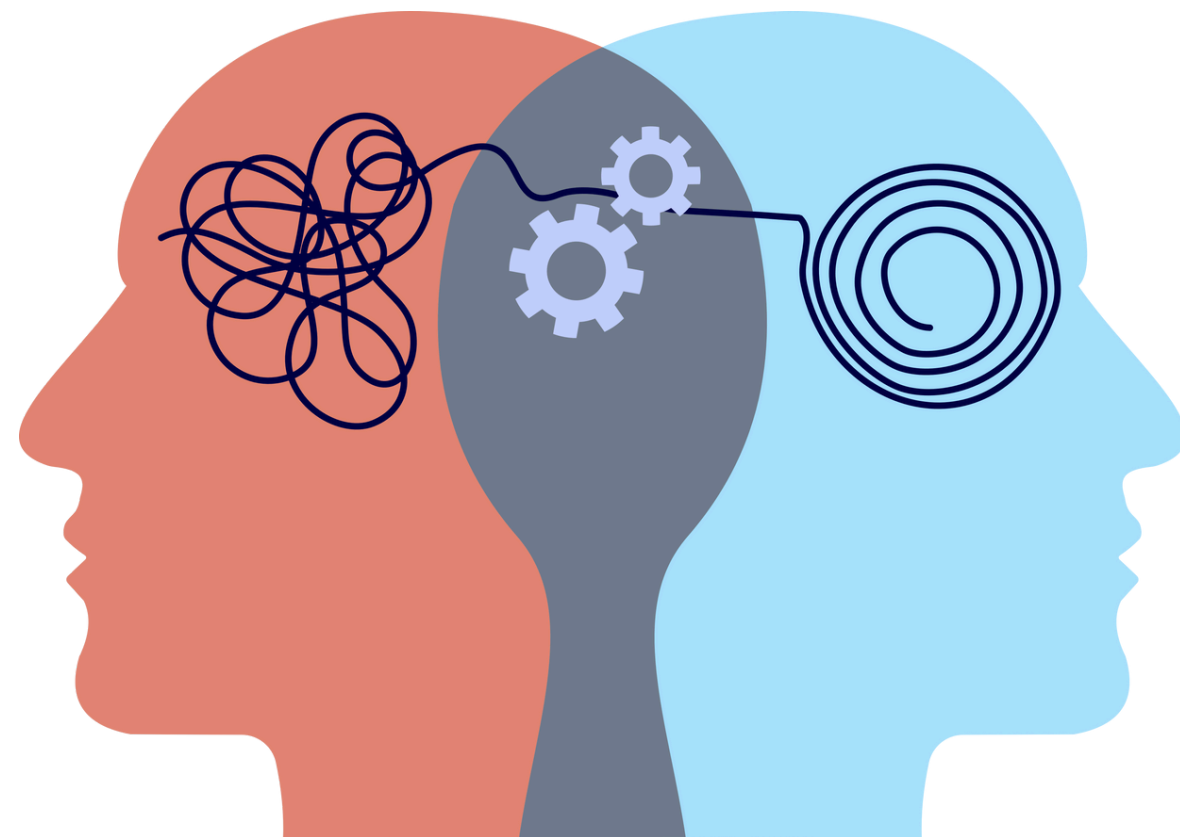
- With the right planning and preparation many things are possible
- Local parks/picnics
- Local restaurants with private dining room
- Coffee and Pie at local diner
- Farm tour
- Zoo with volunteers and planning
- Churches
- Local landmarks
- Arboretum
- Local school to read with students

Key Considerations



- Be sure that residents participating have been approved by nursing
- Have supplies needed
- Call ahead for preparation of accommodations and understanding population's needs
- Adequate support ratios for participants
- Bring medical information sheets
- Review company policies on outings and follow accordingly
- Take pictures
- Have fun

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