

Creating a Well Rounded Calendar

Based on the 7 Dimensions of Wellness



NCCDP In-service Toolkit



Introduction to the 7 Dimensions of Wellness



- Definition: Understanding the importance of intentional planning of a wide variety of activities that meet the whole person wellness standards created by the The Seven Dimensions Of Wellness - International Council on Active Aging®
- Importance: It is vital to meet the whole person needs of those we care for
- This allows for guidance to having a comprehensive range of offerings that have therapeutic intention

7 Dimensions of Wellness Overview



- Physical
- Social
- Emotional
- Spiritual
- Cognitive
- Vocational
- Environmental

Examples of the Physical Dimension



- Moving to music
- Sweating to the oldies
- Cardio Drumming
- Bowling
- Target toss
- Sit to be fit
- Fun with fitness
- Chair yoga
- And so much more

What do you have for physical exercise on your calendar?

Examples of the Social Dimension



- Themed social using national days as your focus
- Coffee and Conversation group
- Large events with entertainment
- Themed meals with conversation starters for each table
- Guided reminiscing groups sharing stories

Examples of Emotional Wellness



- Creative writing group
- Support groups
- Keepsake sharing –sharing a favorite thing and discussion of the item
- One to one visits with person centered conversations about meaningful topics
- Favorite song sing a long
- Journaling

Examples of Spiritual Dimension of Wellness



- Religious services
- Bible verse reflections
- Hymn sing
- Yoga
- Meditation and reflective time
- Aromatherapy hand massages
- Calming connections sensory time
- Bible on tape and discussion

Examples of Cognitive Dimension of Wellness



- Cranium crunches trivia
- Daily newspaper reading
- Arm chair travel
- Brain games
- Short book review and discussion
- Word games
- Finish the phrase games
- Education series on topics of interest of your residents

Examples of Vocational Dimension of Wellness



- Resident volunteer work
- Reminiscing about occupations your residents had
- Having residents help with life skills like folding, wiping tables etc.
- Have family members do a talk on their career for the residents

Examples of Environmental Dimension of Wellness



- Resident volunteer work
- Reminiscing about occupations your residents had
- Having residents help with life skills like folding, wiping tables etc.
- Have family members do a talk on their career for the residents

Key Takeaways



- Important to have a wide variety of recreational offerings that meet the whole person wellness needs
- Consider color coding the various dimensions of wellness on calendar and have a legend to notate the dimensions
- Routine and familiarity is good when creating memory care specific calendars
- Consider taking the activity director certification classes in your area to learn more about creating quality calendars

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

