



Small Group-Individual-One on One Programming Ideas

Per the Directive from California Department of Public Health (CDPH) dated 3/11/2020, **small group activities should be limited to no more than 10 individuals including staff members. This means no more than 8 Residents present for all group activities with room for 2 staff members to also be present. In addition, social distancing should be maintained with 6 feet of space available for each individual present.**

Below are ideas, recommendations, and key points for the preparedness and continuation of maintaining physical, mental, spiritual engagement for all Residents within your community during this time.

Small Group Activity Programming

Ideas to help streamline small group programming:

1. Limit the number of group activities offered throughout the day with ample time in between for set up and sanitization.
2. Maintain daily group fitness classes, walking groups, devotionals, and any programming that will help maintain positivity and moral. See below for moral boosting activities.
3. For activities that regularly have high attendance, plan on offering 2-3 shorter sessions (i.e. Fitness classes, Art Sessions, Spiritual/Devotional Sessions).
4. Limit the use of supplies and only use supplies that can be easily sanitized in between uses.
5. Increase space between chairs around tables and set up chairs for group classes 6 feet apart from each other.
6. Have hand sanitizer and Kleenex available at entrance of activity area/room. Staff to wash hands before and after each activity.
7. Make sure Residents are given a daily activity signup sheet in the morning so you can manage how many are coming to small group programs.
8. Incentivize attendance and maintain moral to avoid increased mental and physical isolation, stress, and depression through raffles, prizes, and delicious snacks during activities. (Despite social distancing, we need to maintain mental health and encourage daily opportunities for monitored and modified socialization).
9. Ensure that Staff are promoting positive discussions and uplifting environments. Questions regarding COVID-19 and response to it should be directed by management.
10. Executive Directors should be present and available each day for questions and concerns regarding the current situation. This may mean a weekly small group townhall, "Hallway Townhalls", or daily communication update as well as the opportunity for Residents to respond to updates in the form of written notes and/or phone calls.
11. Add in Laughter Medicine style classes each day to promote feel good chemicals and create a sense of joy and calm. This can be done through funny animal and baby videos on YouTube or Laughter Yoga Sessions if there is a certified instructor on the staff.



12. Small Group Karaoke or find a Staff Member who enjoys singing and would like to sing along to YouTube karaoke and provide "live entertainment" to the Residents. Can also be done in Hallways for "Hallway Karaoke".
13. Small group music therapy, drumming circles, bell choir, Resident Choir etc. Maintaining music outlets through small group programming will be highly beneficial and uplifting to Residents. Be sure to sanitize all instruments properly in between uses.

In-Apartment/One on One Activities

In addition to small group activities, one to one activity should be provided for those in need. Here are ideas for one to one and modified "Hallway" activities at this time. (IN2L System can provide immense opportunities for continued engagement. If you have this system, please offer it room to room daily and follow proper IN2L system cleaning and sanitation guidelines before and after each Resident use) (have hand sanitizer on each activity mobile cart):

1. Schedule times for room visits and hallway activities so Resident know when to expect you.
2. Hallway activities can be done in groups of nearby Resident Apartments. Depending on the layout, groups of 6 apartments (3 on one side of the hallway, 3 on the other) can be included by opening their door and sitting in their own doorway in a chair. This group can now take part in a "Hallway Trivia", "Hallway BINGO", "Hallway Happy Hour" etc.
3. Daily Chronicle (activityconnection.com): Provide each Resident with a Daily Chronicle, Daily Activity Sign-Up List, and Daily update from Management each morning.
4. Print outs for daily use (keep them fresh and on rotation): Trivia Pages, Coloring Sheets, Word Search, Crossword Puzzles (ensure all print outs are adult in nature and stimulating)
5. Resident Store Cart: Use a mobile cart to bring the Resident Store to the Residents. Place varying supplies and goodies that a Resident may need/desire on the cart, go around the same time each day/week so that Residents can purchase or select the items they need. Allow Residents to put in requests for specific items as they cannot go out shopping at this time.
6. Mobile Library: Each day, go around with a cart of books, magazines, DVD's to "rent".
7. Hallway Happy Hour: Take a Mobile cart through the hallways playing lively music, have drinks, snacks, and positive energy. Stop in each hallway to serve beverages and appetizers and socialize with Residents
8. Hallway Devotionals: Invite neighbors to sit in their doorways to watch spiritual devotions, church services, YouTube prayer channels etc. This can also be done one to one.
9. Door to Door Skype or FaceTime sessions with families. Schedule times for Residents and families to sign up and make Skype/FaceTime calls with each other. This should be done as often as possible to help families feel connected and in regular communication.
10. Name That Tune can be performed as a "Hallway Activity" or on an individual basis as well.
11. Detective Drawer from activityconnection.com. Pass out the printed-out sheets in the morning with a note that whoever finds the hidden images first gets a prize. Residents can call down to the front desk when they are done. (Remember, we must get creative on maintaining moral so this may cause new and interesting approaches in communication with the Residents in their apartments)



12. White Board Games: Pictionary, build a Word, Hangman are all great activities that limits the use of supplies but promotes social interactions. This can also be modified for one on one use.
13. Trivia Competitions: Hand out Trivia pages in the morning, whoever gets them all correct is entered into a raffle for a prize. (incentivize independent engagement within their apartments)
14. Hallway Exercise Classes: perform seated doorway exercise classes with nearby neighbors.
15. Provide Residents with their own gallon sized plastic bag of crafting supplies to keep in their apartment (glue, small scissors-if allowed to have, tape, etc.) Provide weekly crafting activities for Residents to complete in their apartments if they want. Activityconnection.com has templates, guided pictures, and supply lists.
16. Quick growing flower/vegetable seeds: Provide Residents with soil, paper cup or mini pot, seeds and instructions. This will give them something to look forward to, to water daily, and to watch grow. Ideas for quick growing seeds includes Snap Peas, Green Beans, Marigolds, Sunflowers etc.

Morale Boosting Activities:

1. Exercise/Movement Classes
 2. Laughter Yoga/Funny Videos
 3. Joke of the Day
 4. Funny Shows and Movies available on the Mobile Library Cart
 5. Games and Friendly competition
 6. Prizes and Raffles
 7. Prayer, Church Service Videos, Bible Studies, Faith Based Practice Opportunities
 8. Contact with family and friends via phone calls, Skype, FaceTime
 9. Promote uplifting and positive attitudes and conversations. Avoid fear-based discussions surrounding COVID-19
 10. One on One or small Group outdoor walks in garden, patio for fresh air and sunshine.
 11. Gardening, pulling weeds, watering flowers/plants, cleaning the patio and tending to raised garden beds
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Honoring Choice Memory Care program:

While residents are supposed to be in room isolation, this is very difficult to achieve in memory care. The need for small group and one on one activities should still be offered. This can be completed by having the Care Staff assist with offering parallel programs so that groups are limited to less than 10 people. Organize a second activity taking place in another location within the Memory Care. If possible, get the residents outside on the courtyard for some fresh air (weather permitting).

Communicate regularly with families of Residents within Memory Care so they are up to date with the status of their loved one. Some families may or may not be able to have telephone or skype interactions with their loved one, (due to disease progression). It is important to maintain regular contact with family, so they know their loved one is well and thriving. The state has asked providers to allow some sort of contact and telephone calls, face time or skype may be an option.

Sending the family pictures, videos, and descriptions of engagement with their loved ones, will help the families feel a sense of calm and know what and how their loved one is doing during this time.



Mobile Cart Activities for Residents in their Rooms

Include these supplies and add more as needed for your room visits and one on one programming.

Independent Living and Assisted Living

*****Have a laptop on the cart so you can show travel videos, museum tours, and use for YouTube devotional/spiritual, exercise, funny videos.**

Trivia Books and Handouts	<input type="checkbox"/> Mind Joggers <input type="checkbox"/> Finish the Phrase <input type="checkbox"/> Call Out the Answer	<input type="checkbox"/> Mind Your Mind <input type="checkbox"/> EZ Does It Trivia
Games	<input type="checkbox"/> Small to Medium sized whiteboard <input type="checkbox"/> Dry Erase Markers <input type="checkbox"/> Pictionary <input type="checkbox"/> Hangman	<input type="checkbox"/> Speed Cups <input type="checkbox"/> Deck of cards x5 <input type="checkbox"/> IN2L (If in possession)
Art & Crafts <small>(give every Resident their own bag with basic supplies)</small>	<input type="checkbox"/> Brushes <input type="checkbox"/> Acrylic paint <input type="checkbox"/> Art paper <input type="checkbox"/> Tabletop easels <input type="checkbox"/> Coloring Pages <input type="checkbox"/> Crafting guides with corresponding supplies	<input type="checkbox"/> Watercolors <input type="checkbox"/> Palette boards <input type="checkbox"/> Crafting aprons <input type="checkbox"/> Painting Pages <input type="checkbox"/> Paint by numbers <input type="checkbox"/> Cards, Paper, Pens to write letters to family members
Snacks	<input type="checkbox"/> Small healthy snacks <input type="checkbox"/> Water and Small cups <input type="checkbox"/> Small pieces of chocolate <input type="checkbox"/> Coffee and Creamers	<input type="checkbox"/> Lemonade, Iced Tea <input type="checkbox"/> Fruit <input type="checkbox"/> Granola bars <input type="checkbox"/> Cookies
Exercise	<input type="checkbox"/> Stretch bands <input type="checkbox"/> Hand Weights of various sizes <input type="checkbox"/> Exercise DVD's/Videos	<input type="checkbox"/> Portable Foot pedals <input type="checkbox"/> Ankle Weights <input type="checkbox"/> Independent Exercise Guide
Independent Entertainment	<input type="checkbox"/> Magazines <input type="checkbox"/> Books/Bibles <input type="checkbox"/> Audio Books	<input type="checkbox"/> Puzzles <input type="checkbox"/> DVD's/VHS <input type="checkbox"/> Newspapers