



Ideas from the Experts in Life Enrichment

Contributed by: NCCAP

www.NCCAP.com

Long-term care communities and their Activity / Life Enrichment Departments are being affected by the COVID-19 virus by having to limit group programming. NCCAP would like to share the following resources for in-room activity programming.

<https://www.nccap.org/covid-19-activity-director-resources>

Contributed by: Jenni Dill, Life Engagement Specialist, Anthem Memory Care, Aurora, Colorado

- Pen Pals virtual or snail mail
- Video diaries from high school students - emphasis on asking elders for advice and input
- Daily text/photo updates to families - Elders/families divided up amongst leadership team members to keep this communication manageable
- Skype virtual activities - play an instrument, tell jokes, read a story, lead a bible study, canvas and cocktails, cooking demo, etc. Partnering with our intergenerational communities as well as encouraging and empowering families to provide this engagement for their loved ones. (sending ideas and sign-up sheet through SignUpGenius)
- Multiplayer games - virtual Wii tournaments, multiplayer online games (hangman, tic tac toe, crossword puzzles, etc.),
- Collaborative TimeSlips virtual story telling
- Virtual Music! Skype concerts, Drumming & Rhythm Circle, youth recitals
- Scenic Drives/Sightseeing Tours (our Elders, our staff, our van, no social contact).
- Students doing a virtual tour of their campus/homes via FaceTime, GoPro
- I have a group coming dressed up as superheroes to clean the windows on the outside of our community, pick up trash, etc.

- Ramping up Facebook posts for our community to keep family and friends informed about the great things happening within our community while they are not able to visit
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Contributed by: Memory Well

www.memorywell.com

Looking for a safe family activity to do with grandparents during the COVID19 crisis? MemoryWell is offering FREE digital life timelines. Families can gather virtually & build a life story with photos, music and videos and learn about their family history. <https://www.memorywell.com/family.html>

Contributed by: Attendees at the Planetree Webinar, “Let’s Talk about Person-Centered Care During Pandemic”

Can we link to the document - or copy the ideas here?

Contributed by: Social Call Program - A Covia Community Service

www.covia.org

Do you have residents who are looking for ways to find meaningful things to do during these challenging times? How about sending cheerful, handwritten cards to other Elders! Covia has a program that can support

(<https://www.vox.com/2020/3/12/21173938/coronavirus-covid-19-social-distancing-elderly-epidemic-isolation-quarantine>).

Options for participating in this program:

- One time:
 - o I can send 10 cards this week, and provide my own stamps.
 - o I can send 50 or more cards this week, and request help with postage.
 - o I can do even more! Let’s chat!
- Ongoing:
 - o I can send 10 cards per week, and provide my own stamps, for the duration of the COVID-19 shelter-in-place mandates for the US.

- o I/my group can send 25 or more cards per week, and request help with postage, for the duration of the COVID-19 shelter-in-place mandates for the US.
- o I can do even more! Let's chat!

Contact the team at Covia if you are interested in participating Social Calls Program. Spread the word, & help us make a difference in someone's life today!

877-797-7299 or coviaconnections@covia.org

PREFERENCE ASSESSMENT | HONORING RESIDENT PREFERENCES DURING QUARANTINE

Contributed by: PELI

<https://preferencebasedliving.com/>

Please click here to access the Tip Sheet