

For Therapy:

It is an “all hands-on deck” time as our residents have to shelter in place and we are mandated to not have communal activities or dining. Now is a great time to focus in on the following core skills:

- Dressing, bathing & grooming
- Toileting
- Bed mobility and transfers
- IADL’s such as picking out your own clothing, making beds, etc.
- OT and SLP’s helping with safe feeding / eating at mealtimes.
- OT and ST to provide cognitive stimulation to prevent confusion and maintain routines
- PT being able to exercises for circulation – decrease edema, prevent blood clots
- OT and PT –preventing muscle atrophy or the effects of increased bed rest, overall prevention of skin and joint deterioration
- ST to work with communication with families electronically during this time

In-room treatment ideas:

- Have patients help clean the room, sweep the floor
- Organize the closet
- Stand at the closet and group clothing outfits together
- Play basketball with rolled socks and the wash basin as a basket
- Play “I Spy” with their belongings, then have them go and retrieve the item
- Take sticky notes off the wall for ROM and dynamic balance
- Put shaving cream on the mirror or the window and wash off
- Bowling with upside down cups and a rolled sock as a ball
- Beat the clock with how many sits to stands you can do in __X__ number of minutes
- Find and retrieve all the green items in the room
- Towel exercises – using a rolled-up towel like a dowel
- Bring in an erasable marker and play bingo, tic tac toe or hangman on the window while they are standing for standing tolerance
- Practice with a reacher picking up items all over the floor
- Diabetic foot care – foot soaks followed by nail care / foot care / lotion application / donning socks
- Reach and place items on either side of the bed, hand the item to me over their head – reaching in different planes
- Chair push ups
- Hang clothes pins on window curtains or window shades and retrieve them (reaching)
- Portable arm or leg bike (disinfect between residents)
- Fine motor coordination – bring in a beading activity they can do while they need to remain in their room
- Word searches while standing
- Play golf in plastic cups on the floor with ping pong balls
- Word searches while standing (see attached)
- Laps to the bathroom and back
- Organize their dresser drawers and grooming supplies

For Activities:

We think it would be a GREAT idea if you could help residents stay in touch with their family members during this time, a call, a text, or sending a photo of how the resident is spending their day could mean the world to the family member and to the resident. **Remember HIPAA guidelines, we can send only send photos / information if a patient release has been signed.** However, if we can play a role in

communication with their loved ones - it would mean a lot as this avoiding group activities may last a few weeks.

Here is a start on some in-room resident activity ideas.

- Play bingo over the loud speaker. If the loud speaker doesn't work, can you use the karaoke machine?
- Have a contest: how many words can the resident create from the words: Saint Patrick's Day
- Have a contest: how many items can a resident name that are green?
- With an erasable marker play hangman, tic tac toe or bingo on a resident's mirror or window
- Have patients help clean the room, sweep the floor
- Play basketball with rolled socks and the wash basin as a basket
- Play "I Spy" with their belongings
- Bowling with upside down cups and a rolled sock as a ball
- Towel exercises – using a rolled up towel like a dowel
- Word searches while standing - or many of the cognitive worksheets attached
- Play golf in plastic cups on the floor with ping pong balls
- Craft projects that are longer like beading bracelets, or tie quilts or tie candy wreaths
- help the resident make a card / decorate a card / write a card to mail home
- any in-room exercise - too much sitting around creates physical decline as well as tends to increase behaviors as residents can get restless for residents with cognitive impairment –
- activity kits are great - I attached my favorite lists
- put sticky notes on the wall with different point amounts on each - can the resident throw a rolled up sock at each one? How many points can they collect? On a particular day, which resident can collect the most points?
- help the resident organize and decorate his /her room.
- go to Dollar Tree and buy several puzzles - for puzzles in each room
- play corn hole in the room

