



Differentiating Activities



Differentiated Activities

ACTIVITIES MODIFIED TO MEET THE INDIVIDUAL NEEDS OF PARTICIPANTS



About Hearts & Minds Activity Center

- Mission: To enrich the lives of people affected by Alzheimer's and related conditions by providing safe, nurturing, intergenerational services and support
- Large capacity dementia-specific adult day care program, licensed to serve up to 150 per day.
- 9,000 sq. ft. facility. Currently serving up to 70 persons a day, Monday-Friday 8:15 AM-5:15 PM.
- On-site Intergenerational services provided daily through our childcare center as well as daily visits from middle school, high school and college age service learners.

Hearts & Minds Adult Day Program

- Four Program areas, each designed to accommodate different levels of ability
- Extensive outdoor space
- Supportive, safe, comfortable and open environment
- Freedom of Movement
- Attention to personal care and nutrition
- Consistent flow and variety of activities



Components of Differentiated Activities

- **Multi-modal:** Combine at least two modalities such as tactile and auditory
- **Flexible:** Allow for simple modifications during implementation to meet the needs of the participants
- **Person Centered:** Designed around the preferences, interests and abilities of the attending participants
- **Accessible:** Open to anyone who wishes to participate and accommodates persons with sensory or physical limitations



Person Centered

ALL PROGRAMING IS BASED ON A PERSON-CENTERED
APPROACH



Meaningful Activities

- Elicit participant choice and feedback
- Activities designed and staff trained to allow the maximum ability for self-directed activities.
- Differentiate activity design to accommodate physical, sensory and cognitive abilities
- Understand cultural, generational and language variances
- There is no “right” way to participate

Know the participants

- Interests, talents and hobbies
- Likes and dislikes
- Abilities
- Background and history
- Functional Abilities

Developing or Modifying Differentiated Activities

BALANCED TO PROVIDE A THERAPEUTIC SOCIAL
ENVIRONMENT

Cognitive: Games, Technology, Book Club,

Creative: Music, Crafts, Art, Dance, Poetry/Creative
Writing

Emotional: Participant Advisory Committee

Social: Intergenerational, Veteran's Group, Women's
Group, Men's Group, Sports Discussion Group, Program
Ambassadors

Physical: Chair exercise, Walking, Yoga, bowling, golf,
bocce ball

Productive: Activities that provide a sense of purpose,
cooking, cleaning,





How to integrate into program

CONSISTENCY AND RELIABILITY OF PROGRAMMING

- Regular, preplanned schedule of activities
- Schedule one month in advance to ensure balanced schedule including the interests and abilities of participants
- Include activities that honor cultural and generational traditions and holidays
- Elicit feedback from participants about the activities and modify based on feedback
- Allow for alternatives
- Choose and schedule service providers to meet the needs of all participants: music, pet therapy, entertainers, art therapy, horticultural therapy



Activity Schedule

| | | | | | | | | | | | | | | | | | | | | | | |
|----------------|-----------------|-------------------|-----------------|---------------------------|-----------------------|----------------|----------------------|--|-----------------------------|------------------------------|--------------------|--------------|----------------|--|--|--|---------------------------------|---------------------------------|-----------|------|--|--|
| Color Groups | All Groups | Diamond & Emerald | Diamond | Emerald | Ruby | Emerald & Ruby | | Mo Floor | | | | | | | | | | | | | | |
| Monday 11/7/22 | AM Break 10 Min | Lunch 30 Min | PM Break 10 Min | 8:30 | 9:00 | 9:30 | 10:00 | Snack 10:30 | 11:00 | 11:30 | 12:00 | Monday | Lunch 12:30 | 1:00 | 1:30 | 2:00 | Snack 2:30 | 3:00 | 3:30 | 4:00 | | |
| | | | | | | | Fill In Where Needed | Conversa tion Cards | Toileting | | Uno | Mo | Lunch | Move participa nts outside | Chair Exercise | Bingo | Marion piano playing/Sing along | | Dance par | | | |
| Mo | 10:00 | 12:30 | 2:20 | Floor | | | | | Excise With Weights | Discussio n: Veterans Days | Lunch | Mary | Lunch | clean up dishes/ sweep & chairs | Chair Exercise | Bingo | Marion piano playing/Sing along | | Dance par | | | |
| Mary | 10:00 | 1:00 | 2:50 | Coffee and Convera sation | | | | | | Discussio n: Veterans Days | | Jelo | | | | | | | | | | |
| Jelo | 9:30 | 11:00 | 2:30 | Coffee and Convera sation | | | | | Excise With Weights | Rock Collectio n | Lunch | Shannel | Lunch | Toileting | Fill in where needed | Floor | | | | | | |
| Shannel | 9:00 | 12:20 | 3:45 | Office Work | Gardening/Discussi on | IG Legos | | Excise With Weights | | | Lunch Setup | Janet | Lunch | clean up tables | Chair Exercise | Toileting | Marion piano playing/Sing along | | 21 | | | |
| Janet | 9:50 | 11:30 | 2:40 | Coffee and Convera sation | Uno | | Setup Exercise | Excise With Weights | Watercol or Painting Leaves | Lunch | Erica | Lunch | Lunch | Chalk Art | Walking Group | Setup Chairs for Marion in the main room | Toileting | Ball Toss | | | | |
| Erica | 10:40 | 1:30 | | | | | Darts | Shufflebo | Excise With Weights | Travel/ Postcard Discussio n | Toileting | Rosie | Toileting | Setup Art | Lunch | Chalk Art | Cleanup | Marion piano playing/Sing along | Ball Toss | | | |
| Rosie | 11:00 | 2:00 | 4:10 | | | | | Clean Up | Excise With Weights | Discussio n: Veterans Days | Lunch Setup | Jelo | Serve Lunch | Move participa nts | Domino es | 21 | Snack | Marion piano playing/Sing along | Roulette | | | |
| Nicole | 10:10 | 1:00 | 2:50 | | | | Card Bingo | Snack | Lunch | | | | | | | | | | | | | |
| Lizzie | 10:00 | 11:45 | 3:00 | Coffee and Convera sation | Table Ring Toss | Toileting | | Veterans Day (Red, White & Blue Mosiac Rip Pieces) | Lunch | Conversa tion Cards | Lizzie | Lunch | Setup | Sitting Soccer | Veterans Day (Red, White & Blue Mosiac Glue Pieces) | Floor | | | | | | |
| Erika | 9:40 | 12:15 | 2:30 | Coffee and Convera sation | Toileting | Animal Bingo | | Veterans Day (Red, White & Blue Mosiac Rip Pieces) | Lunch | Erika | Lunch | Cleanup | Sitting Soccer | Veterans Day (Red, White & Blue Mosiac Glue Pieces) | Marion piano playing/Sing along | Puzzles | | | | | | |
| May | 10:20 | | | Coffee and Convera sation | Table Ring Toss | Animal Bingo | | Veterans Day (Red, White & Blue Mosiac Rip Pieces) | Conversa tion Cards | May | help serving lunch | lunch | Sitting Soccer | Toileting | Marion piano playing/Sing along | Puz | | | | | | |
| Voluntee rs | Kellen 10-12 | | | | | | | | | | | Chris & Lucy | | Voluntee rs | Ryan 1:15-3:15 | | | | | | | |



Gather Data

Assessments: Understand cognitive functioning and how it affects ability to participate, including level of independence, communication, following instructions, and possible triggers.

Medical/Physician's Reports: Understand how to accommodate physical and sensory limitations

Care Plan and History: Understand the history of the individual, including family dynamic, education, hobbies, countries of origin, accomplishments and traumas

Sharing and updating abilities: Regular documentation, reassessment, updating and sharing information for participants.





Staff Training to implement activities at any level

FACILITATING ACTIVITIES IS NOT TRADITIONAL CAREGIVING

- Person Centered Care
- Understanding dementia
- Understanding functional limitations
- How to modify activities
- How to facilitate
- How to use the environment





HEARTS & MINDS
ACTIVITY CENTER

Thank you

Hearts & Minds Activity
Center

[www.heartsandmindsa
ctivitycenter.org](http://www.heartsandmindsactivitycenter.org)

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