

Using Your Room Visits Activity Kit

The Room Visits Activity Kit provides fun activities that can be done with residents in their rooms during one-on-one visits from volunteers, activity professionals, and even family members. The kit contains activities that have few pieces to ensure simple implementation and easy clean-up; with fun activities that relate to five categories: crafts, games, discussions, tactile activities, and family-related activities.

Craft Activities: Provide fun craft activities that you and your resident can do together. For your resident who can move their hands well, provide a lacing craft where your resident can easily weave the plastic lacing through the holes in the vinyl pieces. If you have a resident who is unable to use their hands, then use a craft that can be hung in your resident's room as visual stimulation, like the suncatcher mandala that is found in the kit. Simply use the markers included in the kit to color the clear film on the mandalas before hanging in front of a window. Or use the blank Card Stock For Fun Spinner to write messages and/or draw pictures to display in your client's room.

Games: Playing cards is a must in any room-visit kit, as it allows for a variety of fun games that can be played with your resident. It also encourages family members, including the grandchildren, to initiate fun games with the residents, like Go Fish, Old Maid, and Crazy Eights. Other games included in this kit include a word puzzle book that you and your resident can work on as well as a ball and disc set where the two of you can play catch.

Discussion: During your one-on-one visits, provide activities that encourage residents to discuss current events or recall memories. One easy way to spark a discussion with your resident is with pictures. In our kit, you'll find conversation cards that you can use to encourage your resident to create and tell stories that are based on the pictures. You can also see what memories are sparked by the photos by asking your resident whether the picture reminds them of something or someone. Another discussion activity in the kit is Table Topics, a set of cards that includes engaging questions that you can ask your resident to keep them engaged and talking.

Tactile: Get your residents working their fingers and hands by providing fun tactile activities. To get your residents interested in the activities, add a specific purpose for the activity (i.e., assembling projects to give as gifts to loved ones). In this kit, you'll find a set of greeting cards that your resident can color and decorate before addressing and sending to family members. Consider making a note-writing activity a regular event with your resident so that she can send greetings to family and friends on a consistent basis. Another item found in this kit is a latch hook project that allows you and your resident to work together in attaching yarn to canvas using latch hooks.

Family: Attract more family members to do activities with your resident by providing activity ideas that encourage their participation. For instance, with the mini photo album that is found in the kit, family members can work with your resident to pick out family photos to fill in the album. In addition, use the kit's pot holders as a fun activity in which you can help your resident decorate to give as gifts to family members.