

Programming Ideas for Apartment Residents



Alternative Entertainment:

Host Happy Hours in a hall and invite a 'special guest' staff member dress up in costume visiting residents in apartments

- Play Name that Tune during Happy Hour and have prizes for the winners.

Alternate Solutions for Lunch Outings:

- Have individual taste testing trials to see which soda is better than another - blindfold residents and have them guess which is which (Coke vs. Pepsi, Sprite vs. 7up, etc.)
- Host an individual taste test - blindfold residents and have them guess which candy is which. You can also do this with juices and other foods
- Have an individual smoothie taste test and educate residents on the benefits of eating healthy foods - invite the dietician to share fun facts and tips
- Order 'Around the world' candy kits from amazon – one at a time residents can enjoy trying different candies. Here: [British Candy](#) or Here: [Woodstock Candy](#)

Alternative Solutions for Outings / Guest Speakers:

- Start a gratitude journal club- studies show 21 days of gratitude increases happiness for up to 6 months and helps ward off disease
- Utilize VR to travel to different destinations (Sanitize in-between uses)

101 Things To Do In-Room And 1:1 From NCCAP:

<https://www.nccap.org/assets/docs/101%20ideas%20for%20in%20room.pdf>

Engagement Ideas for Apartment Residents:

- In-Room – LifeShare - Movies
 - Prayer
 - Music
 - Games
 - Podcasts
 - Movies - Bring DVD and player to a specific resident's room (personal DVD players too)
- Music
 - Have staff line the hallways and sing favorite songs
 - Sing Karaoke up and down the hallway using a microphone (Sanitize after each use)
 - Bring CD player to the room with resident's favorite music (Sanitize after each use)
 - Play "Name that Tune" in the hallway
- Contests
 - Employee costume contest - Have residents vote for their favorite
 - Short story or poetry writing competition
 - Trivia questions or word puzzles to complete by a certain time to win a prize
- In-Room Bingo
 - Pass out paper cards to each resident with a colored marker
 - Pass out bingo numbers each hour-when someone gets bingo they put on their call light
 -

Programming Ideas for Apartment Residents



- Keeping it Sharp
 - LEA's write letters and notes for the residents to give to friends and loved ones
 - Deliver puzzle packets
 - Utilize Activity Connection for free coloring pages, puzzles and Daily Chronicles
- Create individual activity baskets to pass out to each room
 - Cultural Lap Basket (photo books, textures, smells from that resident's culture)
- Hallway Artisans
 - Pass out coloring pages to each resident in their apartment
 - Get colored pencils for each resident from Dollar Tree that they can keep in their room
 - Pass out air-dry clay and have residents create clay piece from their rooms.
- Discussion For 1:1
 - Discuss "Would You Rather" questions – (Ex: would you rather be a millionaire or be extremely famous?)
 - Discuss "What If" questions – (Ex: What would happen if everyone could fly? What if world peace actually existed, etc.)
 - Reminisce about resident's Life Story- Assist them in filling out the Life Story from the [K:Drive-Legacy-Forms-BFF Life Story](#)

Alternative Solutions for Religious Services:

Alternative religious services for your campus can be offered directly into their apartment:

- Local Services - Reach out to your local churches and ask if they offer their services online and setup a viewing for your residents. They may have a link to replays so you can offer it at more convenient times.
- LifeShare - The Faith program on-demand has thousands of hours of services that are audio only. See attached instructions outlining how to access them.
- YouTube & LifeShare – You can upload a YouTube video of a sermon you'd like to share - then make sure it is hidden from the slideshow. This allows a campus to pull it up on-demand on Sunday morning or whenever you want to view it.
- Websites - Watch the mass website: <https://www.watchthemass.com/>
- Daily Devotional - <https://odb.org/> offers a daily devotional that LEDs can print
- Bible Study Guides - <https://spiritualeldercare.com/> has free bible study guides

Hospitality Cart(s) Ideas:

Include a card that has an inspirational quote and personal message "From, Your Life Enrichment or Activities Department"

- Themed Courtesy Carts, Hallway Happy Hour Carts
- Regular carts: DVD players/DVDs, magazines, word puzzles, snacks etc.
- Gourmet breads and a toaster, gourmet jams, toast as you go (the smell is amazing!)
- Flavored coffees and flavored coffee creamers, hot cocoa
- Homemade cookies
- Ice Cream Sundaes
- Play music on your cart to brighten the residents and staff's days
- Host a weekly themed "Armchair Travel to....." _____ as part of your courtesy cart
 - Snacks - Ice cream bars, Popcorn, Candy bars, Smoothies - Bring during hallway happy hour

Programming Ideas for Apartment Residents

- The opportunities are endless!

LifeShare Mobile App:

Especially if your campus is limiting visitors, the LifeShare family app is a great resource for families to provide them visibility to the campus CommunityShare. Remind them they can send photos, videos, messages, etc. to their loved one and we can help our residents access their in-room LifeShare.

- Have families send in photos old & new of memories with captions for staff to read to
- Send photos of joy (babies, animals, nature, etc.) to residents LifeShare in room
- Name that croon (music reminisce)

Ideas For High Acuity Residents:

- Nature/Seasonal Box (many local nature centers and libraries have resources)
- Photo Mobile - Hung above bed (Families can write a story on the back side of each photo - or could use nature photos, etc.) can order off amazon...



Additional Resources:

- Use your Activity Connection, Purple Primer and [Trilogy Pinterest](#) resources for activity ideas and handouts.
- Utilize mariasplace.com which is a free website with activity ideas
- <https://www.goldencarers.com/> also has some free content.
- Golden Memories Karaoke is providing free access to Streaming 500+ songs (singing in residents' rooms) at www.goldenmemoriesondemand.org (Sanitize the microphone in-between uses)
- <https://memoryco.org/> is offering free access to their interactive games. This can be used on a tablet during 1:1 or residents can use it on their personal devices
- Travel Gardening - On a wagon; in -room planting of seeds/sensory/etc.
- Seed starters for residents who enjoy gardening can offer them an opportunity to start growing plants and vegetables from seeds that can be used for campus in color
- Armchair Travel - Use YouTube, Google Maps, Google Earth and resources

Programming Ideas for Apartment Residents



Best Practices for Apartment Residents:

- It is a good idea to assign an LEA to a specific hallway to help with keeping them on track and focused
- ALWAYS wash hands in between resident apartments - immediately after leaving a resident's room
- NEVER allow something that has touched a resident to leave the room without being sanitized. If it cannot be sanitized it needs to stay with the resident.