

It's More than FUN. The Process of Outcome-Based Activity Design Tools of the Trade



The activity professional uses tools or materials to meet the needs and interests that have been identified for specific residents.

The activity professional identifies tools, or interventions, that are needed to deliver meaningful activities. The “tools of the trade” range from party supplies, to art appreciation materials, to action sports to reminiscing props, to poetry books. Each resource is carefully selected based on the individual needs and the abilities of the resident population. The specific “tools” are used to promote positive psychosocial outcomes. Psychosocial outcomes are those outcomes that are related to a person’s mood, their responsive behavior or how they feel about themselves. An outcome is defined as the person’s response to the tool or intervention.

Strategies for Positive Psychosocial Outcomes

Negative

Feelings of anxiety, agitation, fear
 Feelings of abandonment/loss
 Feelings of insecurity
Feelings of loneliness
 Feelings of isolation
 Feelings of sadness
Feelings of worthlessness/helpless
 Feelings of embarrassment
 Feelings of dependency/no control
 Feelings of shame
 Feelings of apathy/disinterest
Feelings of boredom
 Unable or unwilling to make decisions for self

Positive

Feelings of security/comfort
 Feelings of contentment, relaxation
 Feelings of belongingness
 Engages in social interactions/shares stories
 Feelings of worth, confidence, adequacy
 Feelings of accomplishment
 Feelings of autonomy/independence
 Feelings of high self-esteem
 Feelings of excitement, anticipation of the future
 Motivated to pursue hobbies and interests
 Sets goals for self
 Makes decisions for own schedules

Approaches/interventions

The goal of outcome-based activity delivery is to identify needs or negative psychosocial outcomes and design an activity or engagement opportunity that results in more positive mood, decreased behavioral responses or increased feelings of worth and self-esteem. As the chart shows, the arrow represents the engagement plan of care, including both approaches and interventions.

Examples of both group and individual interventions include:

Challenging Word Game
 Morning Coffee Social
 Movement and dance program
 Book review
 Men's Discussion Group
 Poker Club
 Red Hat Society Meeting
 Parachute movement program
 WII Bowling Tournament

Shopping Trip
 Life Review Scrapbooking Session
 Concert under the Stars
 Individualized Prayer Reading
 You Tube Hour
 IPAD Reminiscing
 Collage Conversations