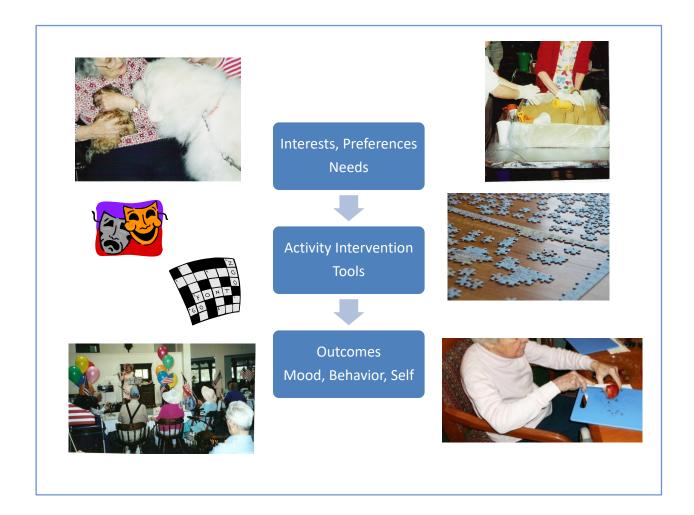


It's More than FUN. The Process of Outcome-Based Activity Design Tools of the Trade



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