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## Ways You Can Provide Activities for Social Engagement for your Memory Care Residents

Providing effective activities that provide social engagement while maintaining the appropriate cognitive level for memory care residents living in an assisted living community is a task that activities coordinators may struggle with daily.

A inter professional health care professional team that could be beneficial to you through the integration of these tasks would be care givers, occupational therapist, physical therapist and case workers. All of these staff workers can help facilitate the activity in order to ensure every residents needs are being met.

### Why is it difficult?

Social interaction can be very difficult for someone living with dementia. This can be attributed to behavior changes, mood swings, overall confusion and increased anxiety.

### Why is it a problem?

The inability to properly deliver activities that increase social engagement and participation can be detrimental to their health. Engagement with peers has a protective effect on the brain and reduces the rate at which the brain deteriorates due to dementia.

Research has found that residents that have significant social engagement (SE) have longer survival rates. (Kiely et al., 2000)

### The Nursing Home Reform Act (1987)

Intended to increase quality of life in nursing facility through meaningful engagement.



Here are some helpful tips and resources that can be implemented into your daily programming in order to improve quality of life and social engagement amongst your residents.

### 1 Group Exercise Class

Daily exercises has been proven to be very efficient in improving memory, prolonging life, increasing quality of life and improving body functionality.

Linked is a website that provides online sessions for chair-based exercise regimens that can be completed in a group setting with music that also encourages engagement amongst residents in order to increase quality of life.

<https://britishgymnasticsfoundation.org/lovetomove/>

<https://www.torontohomecareassistance.ca/books-for-seniors-with-dementia/>

### 2 Group Book Club

This book club is to be ran by a care giver providing pauses for group discussion. Reading can be very soothing and reduce anxiety. With a platform to discuss what they just heard aloud, they can engage.

Linked is a list of five books that are appealing to the values of the older generations and were written with this population in mind.

### 3 Salon day- Nail care

Nail care is very importance when working with a population of individuals that deal with daily incontinence. Something as simple as doing their nails can be turned into a ladies day at the salon full of pampering and salon talk with the group.

Linked is a nail care kit with the essentials for a relaxing mani and pedi.

[https://www.amazon.com/Professional-Pedicure-Station-Exfoliating-Cream/dp/B08BT0R1C1?ref=ar\\_1](https://www.amazon.com/Professional-Pedicure-Station-Exfoliating-Cream/dp/B08BT0R1C1?ref=ar_1)

### 4 Throwback Jams for Reminiscing Together

People that are living with dementia have a tendency to remember things from their early life. Music and sound is something that moves us all and evokes reminiscent feelings. Through the power of music people can sing and feel together as a group.

Linked is a source providing thousands of musicians near you that will come and perform live at your center, playing music from when your residents were young.

<https://www.thebah.com/se-arch/inger-grosse-pointe-milwheat-nursing-home-event>

### 5 Group Water Painting

Paint with water books are a great way to get your creative residents working with art again. All you need is water, a brush and a book that enables them to feel they are creating a master piece. This can be done in a group setting providing all of the residents with different art sheets that can be discussed and showed off to their peers.

Linked is a site providing all different paint with water books.

<https://www.amazon.com/s?k=Paint+With+Water+Books>

### 6 Memory Care Specific Puzzles

Puzzle are a great way to not only work your brain which reduces the rate of deterioration and atrophy, but also can be done by multiple people working together for the common goal of completion. They encourage communication amongst the group as well as physical skills such a manipulation and binocular integration.

Linked is a source providing a variety of different puzzle that were created for this population.

<https://dementia.livebetterwith.com/collections/jigsaw-puzzles>

#### Citations:

- <https://www.dementiacarecentral.com/caregiverinfo/handsandcare/socialization/>
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