

## Northern Pines Assisted Living and Dementia Care

<b>POLICY AREA</b>	Dementia License Policies
<b>TITLE OF POLICY</b>	3.05 ALDC Life Enrichment Programs, Activities & Outdoor Space
<b>STATUE/RULE REFERENCE (if any)</b>	144G.82 Subd. 3 (6), 144G.84 (b-d) (f-g) 144G.45 Subd.1 (5)
<b>EFFECTIVE/REVISED DATE</b>	08/01/2021

**POLICY:** As an Assisted Living with Dementia Care licensed facility, Northern Pines Assisted Living and Dementia Care strives to provide valuable activities and life enrichment programs for residents with Alzheimer's disease or other dementias.

### **PROCEDURE:**

1. Activities and life enrichment programs are implemented in the following manner:
2. Facility will supply an activity calendar for the month to residents
3. Each resident must be evaluated for activities according to the licensing rules of the facility. In addition, the evaluation must address the following:
  - past and current interests
  - current abilities and skills
  - emotional and social needs and patterns
  - physical abilities and limitations
  - adaptations necessary for the resident to participate, and
  - identification of activities for behavioral interventions
4. An individualized activity plan must be developed for each resident based on their activity evaluation. The plan must reflect the resident's activity preferences and needs.
5. A selection of daily structured and non-structured activities must be provided and included on the resident's activity service or care plan as appropriate. Daily activity options based on resident evaluation may include but are not limited to:
  - occupation or chore related tasks
  - scheduled and planned events such as entertainment or outings
  - spontaneous activities for enjoyment or those that may help defuse a behavior
  - one-to-one activities that encourage positive relationships between residents and staff such as telling a life story, reminiscing, or playing music
  - spiritual, creative, and intellectual activities
  - sensory stimulation activities
  - physical activities that enhance or maintain a resident's ability to ambulate or move, and
  - outdoor activities
6. Access to secured outdoor space and walkways that allow residents to enter and return without staff assistance must be provided.
7. Each resident with Alzheimer's disease or related dementias will be evaluated to determine the resident's desire to participate in outdoor activities or be outdoors. Such information will be incorporated into the resident's activity service or care plan.
8. When desired and appropriate for safety, residents will have regular access to outdoor space.