

Exercising Activity

RESIDENT IDENTIFIED DOING THEIR FAVORITE ACTIVITIES AS A PREFERENCE,
SPECIFICALLY EXERCISING OR BEING ACTIVE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Any necessary exercise equipment for the exercise you've chosen
 - Weights, yoga mat, aerobics step, etc.
- Device to play music or exercise video on
 - Tablet, computer/laptop, smartphone
- Feeling Faces Emotion Assessment form

Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about exercising?
- What is your favorite type of exercise?
- Which exercise feels the best?
 - What about that exercise feels the best?
- When is your favorite time to exercise?
- Why do you think exercise is so popular today?
- Did you use to exercise with anyone?
 - If so, with whom?
- Do you usually listen to music while you exercise?
- How frequently did you use to exercise?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know you enjoy exercising. Would you like to exercise with me today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident which type of exercise they would like to do.

- » Say: "Would you like to do stretching exercises or range of motion exercises?"
- » Do: Present the resident with an example of each type of exercise they can do. If the resident is not interested in those choices, try presenting them with another example.
- » Variation: If more help is needed, only present 1 option at a time, as to not overwhelm the resident. If they are unable to choose, then pick one that aligns with their interests.

[BEGIN] Begin exercising with the resident.

Activity Instructions continued

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "You've got great technique" or "You're doing an amazing job, I can tell this is important to you!"
- » Do: Smile and nod.
- » Variation: The resident may not be able to do all of the exercises in one session.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

- » Say: "I will be here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, take frequent breaks so that the resident can rest. Stop immediately if the resident shows any sign of pain.

* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see** and **touch** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at themselves exercising.

"What do you see in the mirror? How does exercising make you feel?"

» **Touch:** If applicable, encourage the resident to touch the activity materials.

"Can you feel the different textures? What do they feel like?"

"Can you describe it? Do you like that feeling? Do they remind you of anything?"

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about exercising today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

