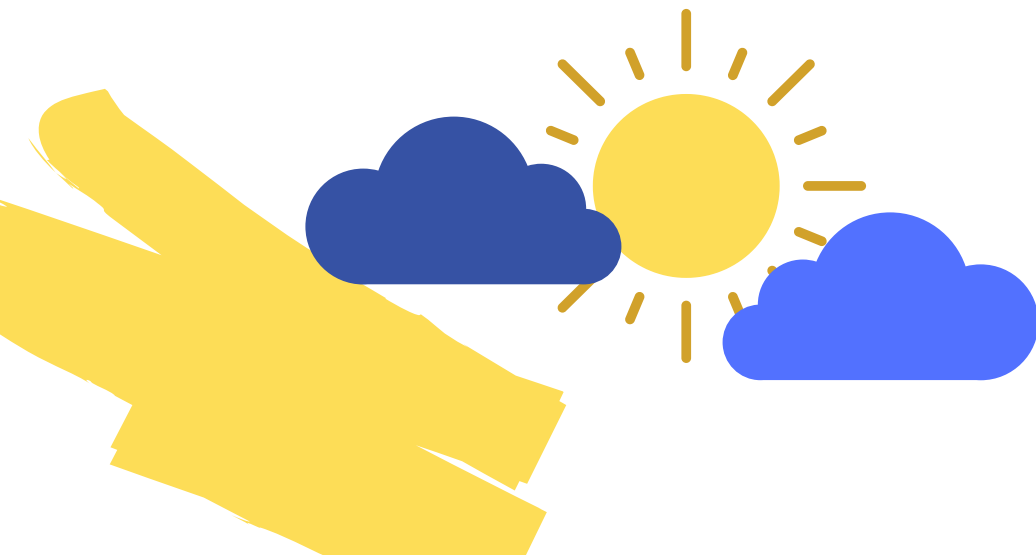


# Going on a Walk Activity

RESIDENT IDENTIFIED GOING OUTSIDE AS A PREFERENCE, SPECIFICALLY  
GOING ON A WALK.



# Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



Consider the weather and season:

- Appropriate clothes and footwear for weather and temperature
- Bottle of water, hand fan, sunscreen, sunglasses or a visor, umbrella, mittens & gloves, etc.



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 going for walks?
- Do you have a favorite place you like to walk, such as the beach, through a park, around the city, etc.?
- Have you always liked going for walks?
- Do you have a favorite memory about a special walk?
- Do you like walking during certain seasons? Or weather?
- Ask questions about the walk you're on
  - What do you think about this spot here?
  - What are you enjoying about the walk?

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know it's important for you to go outside for fresh air. Would you like me to help you go for a walk?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident where they would like to walk outside.

- » Say: "Where would you like to walk?"
- » Do: Give a couple different options, based on your facility, that will be stimulating, (such as by a foundation, a flowering tree, by bird feeders, etc.) and point to them.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then choose one that aligns with their preferences.

**[BEGIN]** Begin your walk with the resident.

# Activity Instructions continued

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

- » Say: "You're good company on a walk!" or "I'm enjoying my time with you."
- » Do: Smile and nod.

**[ASK QUESTIONS]** See question card for ideas.

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

- » Say: "I will be right 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 or support them as they walk by holding their arm or hand.

\* 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**, **touch**, **smell**, and **hear** during the activity, for a sensory experience.

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

» **See:** Encourage the resident to relax and observe the environment, watch for animals.

» **Touch:** Encourage the resident to touch the grass, flowers, plants, or an animal if it is safe to do so.

"Can you feel the different textures of the [flower/plant/etc.] What does it feel like?"

» **Smell:** Encourage the resident to smell flowers, fresh rain, or anything else that may engage the resident.

"What does it smell like? Does it smell good? Does the smell remind you of anything?"

» **Hear:** Encourage the resident to listen to the birds, water, rain, or any other sounds that may be around.

"Do you hear the [birds, water, etc.]?"

# Activity Closing

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

**[ASK]** Ask for feedback:

» Say: How did you feel about going on a walk 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!*



