

Sitting Outside Activity

RESIDENT IDENTIFIED GOING OUTSIDE AS A PREFERENCE



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 sitting outside?
- What kinds of things do you enjoy doing outside?
- What is your favorite season?
 - Why is it your favorite season?
 - Do you have special memories about [the season]?
- Do you ever look at clouds for shapes?
- Do you have fond memories of being outside?
- What's your favorite weather to be outside in?
 - Why is that your favorite weather?

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 sit outside?"
- » Do: Gesture 'you' (point to person) and 'I' (point to self). Point to a picture of the activity or point outside.

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

- » Say: "Where would you like to sit?"
- » Do: Give a couple options, (such as a spot in the shade or sun, grass or on a patio, 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 sitting outside with the resident.

Activity Instructions

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

- » Say: "You're great company" or "I'm enjoying my time outside with you."
- » Do: Smile and nod.

[ASK QUESTIONS] See question card for ideas.

* You could also try engaging 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 or look at flowers.

"Can you see all the flowers/colors? Which if your favorite?"

» **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 spending time outside 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!

