

Assisted Living Trends & Innovations for Activities

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Session Goals-



1. Identify emerging trends in the field of activities in Assisted Living facilities
2. List Activity Programs that follow these trends to effectively engage residents

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Trending Strong-



- Biophilic Design
- Social Opportunities
- Amenities
- Wellness
- Technology
- Lifelong Learning
- Activism & Volunteering

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Trending- Biophilic Design

- More Natural Sunlight- large skylights, large windows
- Green Spaces- walking trails, covered walkways, gardens
- Outdoor Spaces- balconies, patios, courtyards
- Indoor and Outdoor Water Features
- Natural Looking Materials & Colors

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Trending- Social Opportunities

- Community Center & Multi-Cultural Center
- Multi-Generational Spaces
- Programs that encourage Relationship Building
- Entertainment Outings - Restaurants, Movie Theaters, Concerts, Shopping
- Conference and Educational Centers

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Innovative Social Activities

- Happy Hour, Wine Walks, Beer Tastings
- Coffee, Tea & Cafe
- Murder Mystery Parties & Themed Dinners
- Writer's Group & Book Clubs
- Transportation to Symphony, Opera, & Theater
- Neighborhood Gatherings
- Cook Outs

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Innovative Social Act. cont.

- Kids at Heart
- Middleton Moms
- Lighthouse School- K through 7th Grade
- Occupational Therapy Students from local colleges
- UW Madison- Badger Geriatrics Volunteer Group
- Pen Pal Program with 7th graders at Sherman Middle School
- Madison Russian School
- Adopted Falk Elementary School

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Trending Amenities-

- Banking Area, ATM, Post Office
- Swimming Pools, Hiking and Walking trails
- Billiards Hall & Game Rooms
- Tennis Courts, Racquetball, Pickle Ball
- Pubs, Fine Dining, Cafes, Grab-N-Go, Coffee Bistros, Urban Grills, and English Pubs
- Entertainment Theaters & Auditoriums
- Outdoor Dining, Patios with Fireplaces
- Pet-Friendly- Off Leash Dog Areas & Walking Trails

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Trending Wellness Opportunities-

- Health and Wellness programs:
 - Choices of fitness equipment
 - Customized training routines
 - Qualified Instructors
 - Class Variety
 - Class Frequency
- Therapy and Rehabilitation programs
- Fitness and Weight Training- free weights, resistance bands, weight machines
- Golf Courses, Tennis Lessons, Water Aerobics
- Tai Chi, Yoga, Qigong

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Wellness Trends cont.-

- Senior Health and Nutrition classes
 - Cooking classes
 - Driver Safety
 - Clearing Clutter
 - Support Groups
- Aquatic Therapy
- Sports Courts
- Meditation Gardens
- Walking Trails, Hiking Club



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Innovative Wellness Activities-

- Personal Trainer, Outside Instructors, Wellness Coordinator, Rehabilitation Gym, Workout Room
- Beginner and Advanced Tai Chi, Yoga, Kickboxing
- Aches Away & other Educational Classes
- Walking Group, Cycling Without Age & Outdoor Fitness Stations
- Wii Games
- Meditation & Mindfulness
- Brain Fitness & Mental Exercise Classes
- Card Tournaments, Mah Jongg, Chess, Classical Music Listening
- Beauty Salon

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Trending- Technology

- Social Connections with Family, Friends, & Health Professionals
- Voice Controlled Personal Assistants
- Cyber Cafes
- Mobile Apps for Health & Wellness
- Conference Rooms & Computer Labs
- Online Classes and Seminars
- Education and Training- Stay Current!
- Virtual Reality & Augmented Reality
- 3D Printing



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User Friendly Platforms-

- Intranet or Portal:
Provide Instant Access to-
Program Scheduling,
Activity Opt-Ins, &
Daily Menus
- One Touch Calls for Assistance
- Hearing Loop Technology

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Innovative Technology Activities-

- Computer Stations
- Strong Wi-Fi throughout the Entire Facility
- Technology and Computer Classes
- Intranet- Facility Activity Programming, Sign Ups, etc. Online
- Email with Activity Director & other staff Directors
- Pen Pals Program via Resident Emails
- Phone Extension for Daily Activities
- Solar Panels

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Trending- Lifelong Learning

- Educational & Programming Options
- Cultural Center
- Artistic Opportunities
- Transportation to off-site Educational Opportunities
- Opportunities to Teach, Mentor, & Share
- Foreign Language Classes
- Free College Courses
- Unrealized Interests & Untapped Creative Pursuits

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Lifelong Learning Examples

- PLATO- Participatory Learning and Teaching Organization
- Community Continuing Education program
- Environmentally Friendly Committee
- Art Studio
 - Variety of Mediums
 - Glass Kiln
 - Ceramic Kiln
 - Looms
 - Resident Art Gallery
- Garden Club
- Community Connections
- Speakers from UW Madison- 2 free per year

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Innovative Learning Experiences

- Coordinate National and International Travel Opportunities throughout the Year
- Create Local Experiences like Skydiving, Kayaking, Sailing, Balloon Rides, Motorcycle Rides, etc.
- Bring Experiences to their home- Petting Zoos, Sleigh Rides, Dinner Under the Stars, Outdoor Concerts, etc.

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Activism & Volunteering-

- Meaning, not Busy Work! Desire to make a contribution to their community
- Continuation of Engagement in Lifelong Organizations & Volunteer Roles
- Helps Prevent Isolation and Depression
- Boost Mental Health & Enhance Cognition
- Many were and are Researchers, Planners, Grant Writers, Advocates, Mentors
- Helps them Follow their Passion, Brings Joy, and can Help Build their Legacy

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Activism & Volunteering Activities

- Social Justice
- Environment
- Friends of State Street Family & The Beacon
- Volunteering- Animal rescue groups, Children's hospital, Veteran's groups
- Second Chance Shop
- Animal Assisted Activities
- Music and Memory
- Room space for Community Groups- Scrabble Club, Musical Students, etc.

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Reflection-

- What trends are you seeing in your facility? Do any match today's examples?
- What trends & programs match your resident's interests?
- How will you incorporate these into your current programming?



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"Creativity is thinking up new things. Innovation is doing new things."

Theodore Levitt



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