

## EXPERT PANEL ON PROGRAMMING AND ENGAGEMENT

1. **STOP!**
2. **BE FULLY PRESENT**
3. **YOU VS THEM** - Your opinions of their abilities and limitations, and their perceptions of their own abilities and limitations are two different things. Be Sure it is not YOUR fear that is limiting their experiences.
4. **HAPPINESS** - True Wellness includes Happiness (and usually means fewer meds are needed). Strive for Happy! (Remember, perception of wellness(happiness) is as significant as actual wellness!) \*supportive documentation available upon request.
5. **2HRS** - Longer/Fewer Sessions per day. 2hour blocks of time, EVEN FOR MEMORYCARE – each block has a theme and multiple programs available during.
6. **QUIET** - Remove background noise and distractions. Turn off the TV, use music instead. There should be a TV usage schedule, it should NEVER be on 24/7. Prepare programming in an area without background noise and electronic/staff distractions whenever possible.
7. **SLOW DOWN** – Relax, take a deep breath, stop rushing –(see the 2hr time block suggestion) Create a time style that is welcoming and relaxing, calming and engaging. Let folks feel like this is a GOOD place to be.

### **How to know when a program is done.**

When EVERYONE has left and gone, then a program is done.

I believe what is more important is to know when a program is NOT done. 2hr blocks make space for allowing a happy and engaged resident to continue to participate as long as they would like! Space needs to be made for this too!

### DISCUSSION:

TWO HOUR THEMED BLOCKS – What would you call them? What would you include in them?

IF YOU WERE PRESENTED WITH THREE BLOCKS NAMED –

MOVEMENT, CREATION, CONNECTION – what would you schedule in each?

Or ACTIVE, CREATIVE, SOCIAL?