

What is Activity Therapy for Long Term Care residents and why is it important?

By Lisa Dalton, Occupational Therapist/Rehab Therapy Director

Engaging our Long Term Care residents in a variety of activities is an integral part of their care. Our approach is to treat the whole person, not just medical and nursing. There is ample evidence to show that a healthy mind can help facilitate a healthy body. That is why activities can improve cognitive stimulation, physical activity, and socialization.

Each resident upon admission is given a personalized activities assessment. This includes past work history, community and religious involvement, preferred hobbies, movies, reading, singing and many more. Upon that evaluation a personalized activity plan is developed by our Occupational Therapist.

Examples of the current activities our residents are engaged in: Bingo, jigsaw

puzzles, Lawrence Welk TV show every Saturday evening, and local musicians to play the piano as well as the “Buck Shot Band.” A few examples of group activities include seasonal arts and crafts, movies, and sing-alongs. Residents are encouraged to participate in gardening activities in spring and summer and spend time outside on the wheel chair accessible porch swing. Individualized activities include one on one reading and conversation with resident.

Our employees engaging our residents in a variety of activities is a vital part of their care here at Ferry County Public Hospital. We will do our very best to continue optimal care in the area of Long Term Care activities.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

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