

# VENTURE INDUSTRIES ADULT DAY SERVICES

## Objective:

Anxiety relief, personal health/virus education, virus transmission prevention and maintenance of social connections/inclusion during the COVID19 pandemic

## DAY ACTIVITIES

*The following activities can be implemented throughout the day (Unit 1 and Unit 2)  
You may have to adapt the activities to the functional level of the consumer.*

**Anxiety Relief activities:** Activities that would relieve the consumer from daily stressors of having to stay at home, change in their daily routine, constant news of COVID19. Make all activities fun and exciting for the consumers. Document the consumer's response by writing a detailed comment of each person interaction: Ex: John participated in making a picture collage. He selected his favorite pictures from a magazine independently but required staff assistance to cut, apply glue and paste on to a poster board. He was excited about what he created. John smiled and showed his completed collage to his house mates. John cleaned his work space and washed his hands afterward.

**Group discussion:** Talk about things that makes us happy (staff will prompt the conversation by giving cues such as: listening to music makes you happy, talking to your friends, eating ice cream etc.)

- **Picture collage:** (Using old magazines cut out pictures of things you like and glue it to construction paper). Provide prompts to those needing assistance.
- **Show and tell:** Ask the consumer to get their favorite item out of their bedroom to share with the group. Staff is to prompt a conversation by asking questions about the items. (Ex: picture, collectable item, teddy bear etc.)
- **Scavenger hunt:** Using picture cue cards (see attached smiling faces 😊 pictures), cut-out each smiling face on cardstock paper, staff will hide the smiling face in the activity area or outside the residence (easily accessible) - those is wheelchair will need physical assist. The consumers will be given a time limit on finding as many cue cards as they can. The winner of the games is the one that finds the most cards. After this activity staff will talk to the group about things that make them smile in the mist of this pandemic. (See attachment 1)
- **Relaxation exercise:** Play music while performing chair exercise (see attachment 2). Staff will provide assistance with the movement as needed to those with limited abilities
- **Game show activity:** There are several game shows consumers enjoy watching. Staff can engage them by interacting with questions and answers while watching the show.

**Personal Health/virus education &virus transmission prevention** activities that would train the consumers on what is COVID19 and maintaining good hygiene to avoid transmission. Document consumer response on hand washing (assistance needed, completed independently, refusal, didn't follow directions etc.)

- **COVID 19 talk:** COVID19 Information sheet (see attachment 3)
- **COVID19 video session:** staff will use the chrome books/computer to access YouTube in find a COVID 19 video that talks how to prevent the spread of the virus (this will be an individualized activity due to the size of the chrome book). Each person will be given an opportunity to watch the video. (YouTube video Links/titles see attachment 4)
- **Wash hands questions and answer:** staff will ask the consumers to follow directions. The consumer will raise their hands to answer. Staff will also shows pictures to those who may not understand the questions. (questions and cue pictures see attachment 5)
- **Hand washing training:** Observe hand washing during lunch time and at other times throughout the day
- **Hand washing video:** staff will use the chrome books/computer to access YouTube hand washing video that teaches how to properly wash your hands (this will be an individualized activity due to the size of the chrome book). Each person will be given an opportunity to watch the video. (You Tube video Link/titles see attachment 6)
- **Hand washing hand-outs:** a variety of hand washing work activity sheets are attached to be utilized for training purposes.
- **Social Distance Activity:** Use the attached poster to train on social distancing.
- **Practice Social Distancing:** Staff will demonstrate with each consumer social distancing. Consumers will demonstrate social distancing with each other.
- **I-Spy COVID19:** This is a fun activity for consumers with cognitive ability that can complete picture search or word search activity. ( See activity attachment 7)

**Social connection inclusion:** Activities to engage the consumers in a variety of fun activities that will keep them entertained and interactive throughout the day. This may include leisure, solitary activities, arts and crafts, music, sports, hobbies etc. Document each consumer's performance participation.

- **Van Ride:** Take a nice scenic van ride through town. Upon return have an ice cream social outside or indoors of the residence. (Plan this activity in advance to ensure ice cream is purchased for the consumers)
- **Table games** (card games, connect four, puzzles, word search puzzles, etc.)
- **Arts and Craft:** Adult art coloring pages, craft activity ( staff will make request for materials)
- **Sports activity:** basketball (if available at the location), bowling ( request bowling pins from Day program), ring toss ( request ring toss from Day program)
- **Music:** you tube karaoke using the internet. Have the consumers choose the song they want to perform (Singing and dancing)
- **Covid19 BINGO:** Using the Bingo Sheets (bingo sheets attachment) staff will engage consumers in a fun game of Bingo using words / pictures associated with COVID19.