

## Special Care Unit Life Activity Engagement Process and Pacing Throughout the Day

This is a visual tool showing a sample of how activities need to be planned to pace the energy and engagement of residents throughout the day in a Dementia Special Care Unit (SCU). Because daily life is structured from the person's life story, the order or timing of activities may vary for individuals based on their needs/routines/interests.

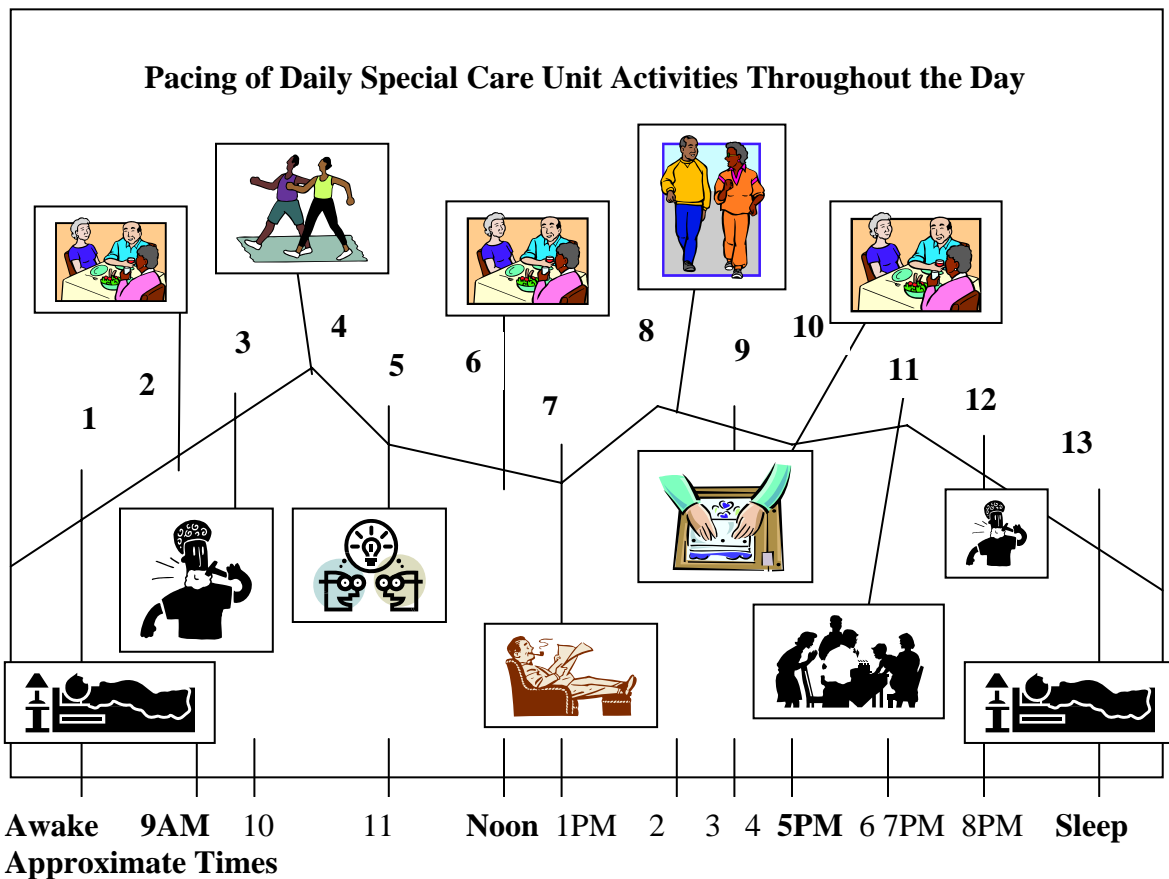
Experiencing success and interacting in a meaningful way with others leads residents with dementia to a life filled with self-confidence, love, laughter and relationships. Through creativity and flexibility, individual personal preferences and interests can be reflected in a resident's care plan, and in the daily routine of the facility.

The key is to provide engagement for persons with dementia in a flow of activities that allow them to experience natural periods of higher and lower energy over the day that promote well being, involvement in life, appetite and opportunity for restful sleep at night. This engagement fosters a focus on positive activities and alleviates many problems a resident may have with restlessness, agitation, depression, wandering, etc.

A person with dementia's quality of life is best when there is time for **burning energy, talking with friends**, engaging in **productive activity**, using and **maintaining cognitive abilities**, enough stimulation before meals to **promote alertness and appetite**, **relaxation for rejuvenation** and promotion of a **socialization and a sense of community by seeing friends and belonging to a group** that allows for maximum energy.

The following graphic is not meant to be all-inclusive or prescriptive of exact activities. It is instead meant to provide a depiction of how activities should be structured throughout the day to provide a healthy pacing of energy that engages the person with dementia in ways that promote physical, emotional, mental and spiritual well being incorporating the elements described above. See page two for the diagram.

## Sample of Daily Dementia Special Care Unit Activities



### Activity Time and Energy Blocks:

1. Resident wakes up at the time preferred with the environment and routine preferred.
2. Breakfast can be eaten when person prefers.
3. Life-skills or other activity group.
4. Physical activity/exercise group.
5. Mental activity to maintain cognitive skills, productive work giving a sense of contribution to others.
6. Lunch.
7. Rest period.
8. Physical activity (e.g., walk outdoors).
9. Mental/creative activity.
10. Dinner.
11. Social activity.
12. Life-skills activity.
13. Bedtime at the time the resident prefers with the environment and routine preferred.