# 73381 Activity Program-Policies and Procedures

### (a)

Written policies and procedures governing the conduct of the activity program shall be available for use by the activity leader and other personnel assisting in the program. The policies and procedures shall be developed by the patient care policy committee with the assistance of the activity leader.

## (b)

The primary objectives of activity programs shall be to encourage the patient toward restoration of self-care and the resumption of normal activities, or for those who cannot realistically resume normal activities, to prevent further mental or physical deterioration.

### (c)

Opportunities should be provided for patient involvement, both individual and group, in the planning and implementation of the activity program.

#### (d)

The program shall be designed so as to offer patients the opportunity for choice among a variety of activities such as discussion and study groups, reading, gardening, games, simple homemaking tasks, exercise classes, musical and other creative activities and religious programs. Attendance at religious services shall be voluntary.

#### (e)

The facility shall be responsible for encouraging participation by each patient in social and recreational activities at least 10 hours per week unless this is documented to the contrary in the patient's health record.