

## **87219 Planned Activities**

### **(a)**

Residents shall be encouraged to maintain and develop their quality of life through participation in a variety of planned activities. The activities made available shall include: (1) Socialization to promote or enhance personal relationships. Activities may include, but are not limited, to: (A) Group discussion and conversation. (B) Reminiscence activities, such as looking at photos, letters, or greeting cards. (C) Cultural and/or religious activities, such as holiday celebrations and cultural traditions. (D) Other social activities such as arts, crafts, games, gardening, pet care, and other recreational activities promoting social interaction. (2) Daily living skills/activities which foster and maintain independent functioning. (3) Cognitive and mental stimulation activities such as reading, writing, movies, crossword puzzles, board and card games, and using the computer. (4) Sensory stimulation, such as music therapy and aromatherapy, or tactile activities, such as pet therapy. (5) Leisure time activities cultivating personal interests and pursuits, and encouraging leisure-time activities with other residents. (6) Physical activities that maintain physical health including games, sports, exercises, and other similar activities that promote balance, strength, coordination, flexibility, and range of motion. (7) Education, achieved through special classes or activities. (8) Provision for free time so residents may engage in activities of their own choosing.

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**(A)**

Group discussion and conversation.

**(B)**

Reminiscence activities, such as looking at photos, letters, or greeting cards.

**(C)**

Cultural and/or religious activities, such as holiday celebrations and cultural traditions.

**(D)**

Other social activities such as arts, crafts, games, gardening, pet care, and other recreational activities promoting social interaction.

**(2)**

Daily living skills/activities which foster and maintain independent functioning.

**(3)**

Cognitive and mental stimulation activities such as reading, writing, movies, crossword puzzles, board and card games, and using the computer.

**(4)**

Sensory stimulation, such as music therapy and aromatherapy, or tactile activities, such as pet therapy.

**(5)**

Leisure time activities cultivating personal interests and pursuits, and encouraging leisure-time activities with other residents.

**(6)**

Physical activities that maintain physical health including games, sports, exercises, and other similar activities that promote balance, strength, coordination, flexibility, and range of motion.

**(7)**

Education, achieved through special classes or activities.

**(8)**

Provision for free time so residents may engage in activities of their own choosing.

**(b)**

Residents served shall be encouraged to contribute to the planning, preparation, conduct, clean-up and critique of the planned activities.

**(c)**

The licensee shall arrange for utilization of available community resources through contact with organizations and volunteers to promote resident participation in community-centered activities which may include: (1) Attendance at the place of worship of the resident's choice. (2) Service activities for the community. (3) Community events such as concerts, tours and plays. (4) Participation in community organized group activities, such as senior citizen groups, sports leagues and service clubs.

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**(2)**

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**(3)**

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**(4)**

Participation in community organized group activities, such as senior citizen groups, sports leagues and service clubs.

**(d)**

In facilities licensed for seven (7) or more persons, notices of planned activities shall be posted in a central location readily accessible to residents, relatives, and representatives of placement and referral agencies. Copies shall be retained for at least six (6) months.

**(e)**

In facilities licensed for sixteen (16) to forty-nine (49) persons, one staff member, designated by the administrator, shall have primary responsibility for the organization, conduct and evaluation of planned activities. This person shall have had at least six (6) month's experience in providing planned activities or have completed or be enrolled in an appropriate education or training program.

**(f)**

In facilities licensed for fifty (50) persons or more, one staff member shall have full-time responsibility to organize, conduct and evaluate planned activities, and shall be given such staff assistance as necessary in order for all residents to participate in accordance with their interests and abilities. The program of activities shall be written, planned in advance, kept up-to-date, and made available to all residents. The responsible employee shall have had at least one year of experience in conducting group activities and be knowledgeable in evaluating resident needs, supervising other employees, and in training volunteers. (1) An exception to this requirement may be made by the licensing agency upon the facility's presentation in writing of a satisfactory alternative plan. (2) Where the facility can demonstrate that its residents are self-directed to the extent that they are able to plan, organize and conduct the facility's activity program themselves,

this requirement may be reduced or waived by the licensing agency.

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Where the facility can demonstrate that its residents are self-directed to the extent that they are able to plan, organize and conduct the facility's activity program themselves, this requirement may be reduced or waived by the licensing agency.

**(g)**

Participation of volunteers in planned activities shall be encouraged, and such volunteers shall be under the direction and supervision of the employees responsible for the activity program.

**(h)**

The licensee shall provide sufficient space to accommodate both indoor and outdoor activities. Activities shall be encouraged by provision of: (1) A comfortable, appropriately furnished area such as a living room, available to all residents for their relaxation and for entertaining friends and relatives. (2) Outdoor activity areas that are easily accessible to residents, protected from traffic, and have adequate shady areas.

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**(2)**

Outdoor activity areas that are easily accessible to residents, protected from traffic, and have adequate shady areas.

**(i)**

The licensee shall implement reasonable interventions in order to ensure the safety of all residents utilizing indoor and outdoor areas and take precautions to prevent residents from unsafe wandering and elopement, as defined in Section 87101, Definitions. Such precautions may not conflict with residents' personal rights as specified in Section 87468.1, Personal Rights of Residents in All Facilities and Section 87468.2, Additional Personal Rights of Residents in Privately Operated Facilities.

**(j)**

The licensee shall provide sufficient equipment and supplies to meet the requirements of this section, including access to a variety of reading materials. Special equipment and supplies necessary to reasonably accommodate the individual physical and mental needs of residents shall be provided as appropriate. (1) When not in use, recreational equipment and supplies shall be stored where they do not create a hazard to residents.

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