

Therapeutic Activity Programs

Therapeutic Stimulation	Purpose & Benefits															
Cognitive Stimulation	<p>Increases or maintains: Reading skills Writing skills Conversation skills Counting/ sequencing skills Identification skills</p>															
Sensory Stimulation	<p>A variety of stimulation offered to: Add interest for participants Stimulate intact senses Decrease chance of sensory fatigue by stimulating more than one sense</p>															
Physical Stimulation	<p>Increases or maintains:</p> <table border="0"> <tr> <td>Eye-hand coordination</td> <td>Balance</td> <td>Repeated rhythm patterns</td> </tr> <tr> <td>Range of motion</td> <td>Flexibility</td> <td>Vital capacity of lungs</td> </tr> <tr> <td>Fine motor coordination</td> <td>Spatial awareness</td> <td></td> </tr> <tr> <td>Gross motor coordination</td> <td>Kinesthetic awareness</td> <td></td> </tr> <tr> <td>Endurance</td> <td>Strength</td> <td></td> </tr> </table>	Eye-hand coordination	Balance	Repeated rhythm patterns	Range of motion	Flexibility	Vital capacity of lungs	Fine motor coordination	Spatial awareness		Gross motor coordination	Kinesthetic awareness		Endurance	Strength	
Eye-hand coordination	Balance	Repeated rhythm patterns														
Range of motion	Flexibility	Vital capacity of lungs														
Fine motor coordination	Spatial awareness															
Gross motor coordination	Kinesthetic awareness															
Endurance	Strength															
Social Stimulation	<p>Fosters: Conversation skills Cooperation skills Feelings of belonging</p>															
Spiritual Stimulation	<p>Fosters: Feelings of peace Feelings of comfort Feelings of strength</p>															

Therapeutic Activity Programs

Therapeutic Stimulation	Purpose & Benefits
<p>Change of Environment (outdoors and indoors)</p>	<p>Provides: Sunlight Fresh air Sensory stimulation Excitement of experiencing something new <i>(Any attempt at a change in environment needs to include familiar, trusted escorts, including family, staff, volunteers, etc.)</i></p>
<p>Nurturance</p>	<p>Provides: Increased feelings of self-esteem Touch Human/ animal bond with pets, human/human bond with others</p>
<p>Laughter/ Having Fun</p>	<p>Fosters: Increase vital capacity Feelings of bonding with others Enjoyment of life</p>

Benefits of Activities Programs: Organized, Social Activities & Personal Activities of Daily Life



Activities Program	Cognitive Stimulation	Sensory Stimulation	Socialization	Reminiscence	Range of Motion	Gross Motor Coordination	Fine Motor Coordination	Repeated Rhythm Pattern	Balance	Sequencing	Dignity/Self-Esteem	Visual Tracking	Eye-Hand Coordination
Balloon Volleyball	X	X	X		X	X		X					
Beach Ball Toss	X	X	X	X	X	X			X	X	X	X	X
Bingo	X		X				X	X					
Bowling	X	X	X		X	X		X	X	X	X	X	X
Cards	X	X	X	X			X			X	X	X	X
Coffee/Tea Party	X	X	X	X	X	X			X	X	X	X	X
Laundry	X	X	X	X	X	X		X	X	X	X		X
Baking	X	X	X	X							X		
Conversation	X	X	X	X							X		
Crafts	X	X	X				X	X		X	X		
Current Events/ Fun Facts	X	X	X	X									X
Dancing	X	X	X	X	X			X	X	X	X		
Walking	X	X	X	X	X				X		X		
Gardening	X	X	X	X			X				X		
Hand Massage		X	X	X							X		
Towel Folding	X	X	X	X	X	X	X	X		X	X		X
Floor Sweeping	X	X		X	X			X	X	X	X		X
Washing Dishes	X	X	X	X	X	X	X	X		X	X		X
Dusting	X	X	X	X	X			X			X	X	X
Laughter	X	X	X										
Manicures		X	X	X							X	X	
Pet Visit	X	X	X	X	X		X		X				X
Grooming	X	X	X	X	X		X	X		X	X	X	X
Observing		X		X								X	
Sing-a-longs	X	X	X	X				X	X		X	X	
Yarn Ball Toss	X	X	X	X	X	X		X	X	X	X	X	X
Parachute	X	X	X	X	X	X		X	X	X	X	X	X
Puzzles	X	X	X	X			X	X		X	X	X	X
Religious/ Spiritual	X	X	X	X								X	