



NURSING HOME ACTIVITY

GROUP 4



Huize Arion



- ROB
about 50 euros a day
- Staff: 1 nurse, 1 charge nurse, 4 nursing assistants, 1 animator
- ROB's are closing in a few years and the residents will have to move to residential flats

+ RESIDENTS



- Independent
- Katz scale of an A
- Most common because of fear to fall or lonely
- Some come on their own and some have doctors send them from the hospital
- Eat breakfast in rooms and rest of meals in dining room



+ BOWLING
AND
CHAIR EXERCISES

+ WHY?

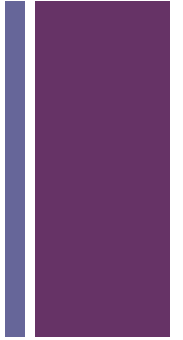


- Nurse and animator suggested an activity having to do with movement and exercise
- Chair exercise: can work for many different residents of different physical capabilities
- Bowling: A fun and new way to move



HOW DID IT GO?

+ Chair Exercises

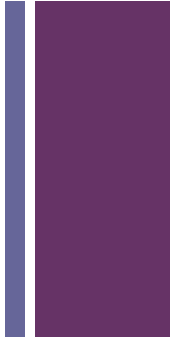


- Sat in a circle with students and residents sitting throughout
- Began with stretching, arm and leg exercises and then standing exercises holding onto the chairs
- Everyone participated
- Residents were very enthusiastic to learn new exercises





Ball Exercises



- Passed, kicked and tossed ball around in a circle
- Good because creates exercises and movement without thinking about it
- Uses the mind to pay attention and be attentive
- Residents were laughing and enjoying themselves




+ Bowling



- Four rounds of bowling
- Resident could stand or sit to bowl
- Residents enjoyed keeping score and seeing who won
- They said it was fun to do a new activity that they don't usually get to do





+ “This was good today. It’s not like what we do every other day”

- Resident, 105 years old