



## Activities A la Carte

### **Administrator:**

Ms. Mary Tuberville

### **Talladega Health & Rehab**

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Activities A la Carte is an individualized activity program. Residents can engage themselves in meaningful and stimulating activities, without leaving the comfort of their rooms. The program is run by our Social Services and Activities department and caters to a wide range of our residents. Activities A la Carte would be best described as a mobile activity station. These mobile stations contain activities ranging from magazines to Wi-Fi hot spots. Activities A la Carte in industry would be compared to room service of an upscale hotel. Our program is designed to be highly individualized and focuses on the specific accommodations of the residents it serves. The resident just simply makes activity wants known, and resident service members deliver activities accordingly, through daily scheduled sessions.

Our best practice addresses the problem of providing activities to attain or maintain the highest practicable mental and psychosocial well-being of each resident in accordance with a written plan of care.

Activities A la Carte, provides a service to any resident in need of it. This could include, but not limited to, bed bound residents, residents who have declined, or residents who do not wish to attend our scheduled calendar events. Residents can request this service or be referred to this service by social worker assessment.

This best practice has been able to accomplish the task of providing our residents preferred, age appropriate, and modern activities, in which to participate. Furthermore, through this practice, we have been able to form bonds with our hardest to reach residents. For example, a resident may have trouble acclimating to nursing home placement, and isolate themselves from the rest of the population. These specific residents often form trusting bonds with our staff, which allows them to be encouraged to join activities with other residents. Many of the residents who utilized this service; opted to participate in scheduled activities.

Our best practice is excellent, because the primary focus is to enhance our resident lives. We find it innovative, because it is modeled after a practice found in industry. Our practice delivers a service to our residents while keeping their specific needs in mind. We believe our practice meets the residents where they are and helps them acclimate to and maintain engagement in the life of the facility.