



Out on the Town

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One of our Best Practice Ideas that contributes to the social, mental, and physical well-being of our residents is their participation in group outings. This best practice idea consists of different activities outside of the facility. It is good to get the residents outdoors where they are able to socialize and interact with others while enjoying themselves. Having outings in the community is exciting and entertaining for the residents.

Sometimes, residents in nursing facilities may not be able to get out very much with families and friends. Thus, this may lead to depression and less involvement from the resident in day-to-day activities. As a facility, providing various outings for the residents as part of our activities program helps them tremendously. They become more sociable and more willing to get involved in the on goings around them. They want to be more active and their participation outside of their room increases.

Outings for the residents include both long-term men and women who are more cognitively and physically able to leave the facility with assistance provided by the staff. These residents can benefit from still feeling like they are a part of the outside world and outings help to remind them that they continue to be members of the local community though they live in a nursing home. Some of the outings are exclusively for men. Past outings have included taking them to see a more male oriented movie at the theater or going on a fishing trip. The ladies sometimes like more conversational activities such as going out to lunch with their fellow Lady Bug Club members or just taking a stroll at the local park to see the flowers in bloom.

This Best Practice Idea “Out on the Town” provides residents with a sense of involvement with the community. Residents get excited about going places and this gives them something to look forward to. The residents will talk about the planned activity weeks before the scheduled date. Residential outings are fun and it encourages the residents to be more active and lets them enjoy themselves and have a wonderful time.

One of our goals for this year is to have even more outings and trips with our residents. Especially outings that include art, music, education, helping others, fun, and giving back to our community. We are in the process of offering more residential group outings for the future and we are hoping to see our residents get more involved and look forward to every outing. The activities department looks forward to seeing all those beautiful smiling faces “Out on the Town!”