



**Department:**

Health Science

**Course Description:**

This course prepares individuals to plan and implement activity programs in adult long-term care facilities.

**Course Competencies:**

Upon completion of the course, the student will be able to...

1. Discuss what it means to work in a long-term care facility .
2. Describe common physical and psychosocial aging changes in residents.
3. Demonstrate knowledge of the required performance skills, role and function of the Activity Director in the long-term care setting.

**Course Content:**

- A. Philosophy of Long-Term Care
- B. The Aging Process
  1. Basic human needs
  2. General concepts of human behavior
  3. Attitudes about aging
  4. Effects of the aging process
    - a. Expected body changes
    - b. Changes due to disease
    - c. Physical impairments
    - d. Mental impairments
    - e. Sensory losses
    - f. Terminology
  5. Psychosocial aspects of aging
    - a. Stresses – physical, social and economic
    - b. Heredity and lifestyles
    - c. Gender and sexual orientation
    - d. Institutionalization
    - e. Problem behavior – coping mechanisms
    - f. Interaction of impairments – physical and mental
    - g. Understanding death and dying
- C. Performance Skills
  1. Working in teams
  2. Communications
    - a. Interviewing



- b. Writing
- c. Interacting with staff, residents and family
- d. Working with volunteers
- e. Cooperating with state inspectors
- 3. Working with support staff, managing supplies, budgeting
- 4. Applicable federal and state regulations
- 5. Residents' rights
- D. Role and Function
  - 1. Understanding activities
  - 2. Activities analysis
  - 3. Adapting activities to abilities
    - a. Assessing interests and needs
    - b. Adaptive equipment
  - 4. Program planning for activities
    - a. Recreational
    - b. Creative
    - c. Educational
    - d. Social
    - e. Spiritual
    - f. Physical
    - g. Vocational
    - h. Community involvement
    - i. Service for others
    - j. Special events
  - 5. Therapies
    - a. Fantasy
    - b. Reality orientation
    - c. Remotivation
    - d. Validation
  - 6. Planning for optimal use of environment
  - 7. Evaluation of activities
  - 8. Admission and discharge process
  - 9. Establishing groups and individual participation
  - 10. Volunteers
    - a. Recruitment and selection
    - b. Orientation
    - c. Training
    - d. Placement
    - e. Supervision
    - f. Recognition
  - 11. Consultation process
  - 12. Documentation
    - a. Medical records practice
    - b. Confidentiality



- c. Assessments
- d. Activities involvement records
- 13. Care plans
  - a. Development
  - b. Implementation
  - c. Review Course Content

#### Learning Assessments:

Written exams including, but not limited to, pre-/post-tests, and participation in classroom discussion will be used to evaluate student knowledge.

#### Instructional Materials:

Kansas Department of Health and Environment, *Adult Care Home Unlicensed/Uncertified Personnel Training Course Guidelines*, for Activities Director, 2005

*Long Term Care*, Martini, Weeks, & Wirth, 4<sup>th</sup> ed., Idyll Arbor. ISBN 9781882883509  
Handouts and other materials at the instructor's discretion.

#### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

**On-Campus Students:** At enrollment, any on campus student may complete a form that will allow them to self-identify any disability.

**Off-Campus Regional Students:** Self-identify your disability and accommodation needs with the Regional Coordinator and/or instructor, preferably prior to the first class meeting.

**Online Students:** Self-identify your disability and accommodation needs by contacting the Disabilities Coordinator. Students must provide their own programs to allow accessibility on their home computer.



HIGHLAND COMMUNITY COLLEGE  
606 W. MAIN HIGHLAND, KS 66035

NUR211 - Activities Director  
Prerequisite: None  
3 Credit Hours (Lecture)

Any student may also identify their disability by completing an online form located on the HCC homepage under Students Services/Resources/Disabilities. Questions should be directed to the Disabilities Coordinator.