

# **RESIDENTS' RIGHTS WEEK ACTIVITY IDEAS AND SUGGESTIONS**

Activities are an important part of celebrating Residents' Rights Week. Residents should be encouraged to celebrate Residents' Rights Week by participating in activities planned.

This section will lay out some simple to do, and many ready-to-go activities that can be used in any facilities. You should note that some of the activities require advanced planning, so be sure and start planning early!

As explained in the CMS State Operations Manual Appendix PP [483.15(f)], activities should be "person appropriate... [and] should be relevant to the specific needs, interests, culture, background, etc of the individual for whom they are developed." The activity ideas that follow should be used as a guide to plan activities specific to each person and facility. As with any activity, adaptation will be necessary in order to meet the needs of every resident and their abilities.

For your convenience, the activities are broken down to include a title, intended audience, supplies needed, purpose, description of the actual activity/procedure, and follow up. Some activities include a section on how intergenerational programming may be incorporated into the activity.

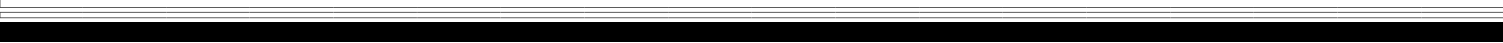
If you have ideas of your own to celebrate Residents' Rights Week, the National Citizens' Coalition for Nursing Home Reform wants to hear about them! We are always looking for ideas to include in new packets that other facilities may use to celebrate. Ideas can be emailed, mailed or faxed to NCCNHR at anytime with a heading of "Residents' Rights Week Activity Suggestion". We always welcome fresh and creative ideas!

NCCNHR  
1828 L Street, NW, Suite 801  
Washington, DC 20036  
Tel. 202.332.2275  
Fax. 202.332.2949  
Email: [ombudcenter@nccnhr.org](mailto:ombudcenter@nccnhr.org)



## Residents' Rights Week Activity Ideas and Suggestions

**Celebrate Residents' Rights Week 2006 with one or more of the following activities:**

- The family or resident council can work with the facility activity staff to **organize an event** honoring residents.
  - Plan a **presentation on CARE Matters** for the October Resident and/or Family Council Meeting.
  - **Invite** local dignitaries, and other community “celebrities,” to a kick-off event and for a tour of the facility.
  - Order a Residents' Rights week packet from NCCNHR. **Share the materials** in this packet with others.
  - Have family members, residents, or staff **submit “letters to the editor”** in a community publication to share what Residents' Rights Week is about. Include what your facility is doing to recognize the week.
  - Conduct a **facility-wide poetry or story challenge**. Plan an evening where residents can read their poems/essays to others.
  - Design a Residents' Rights Week 2006 **Bulletin Board**. See the activities section for a template.
  - Arrange **staff and resident in-services** on residents' rights and related topics.
  - **Ask Residents how they would like to celebrate Residents' Rights Week 2006**
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# ACTIVITY IDEAS AND SUGGESTIONS

## Poetry/Essay Reading - Kick-off Event

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**Audience:** Residents, families, staff, volunteers, ombudsmen

**Supplies:** NCCNHR Poetry book (you will have in time for Residents' Rights Week!), Facility Poetry Book (if you made one)

**Purpose:** To officially kick-off Residents' Rights week 2006. To bring local dignitaries into the facility for tours.

**Activity:** Have a Poetry Reading of the book of compiled poems that were submitted to NCCNHR from residents across the country. You could have one resident or staff member read them all, or pass the book around and have numerous residents read a poem. Be sure and recognize the residents who participated in the poetry submission to NCCNHR, and have them read theirs even if it was not published in the book. Have residents read their own if they are able to.

**Intergenerational Programming Idea:**

If possible invite local schoolchildren to come read the poems to the residents. This could also be an event that takes place at another time during the week.

**Follow-up:** Ask residents what they thought of the poems.

# ACTIVITY IDEAS AND SUGGESTIONS

## Facility-wide Poetry/Essay/Short Story Challenge

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**Audience:** Residents, families, volunteers, and staff

**Supplies:** None

**Purpose:** Have residents, families, volunteers, and staff reflect on what CARE Matters means to them, and the experiences they have had.

**Activity:** Prior to Residents' Rights Week invite residents, families, volunteers, and staff to write a poem, essay, or short story about why "CARE Matters," what it means to them, and/or about the experience(s) they have had in the facility.

**Follow-up:** In conjunction with the Poetry Reading Kick-Off Event, have these stories read, or a selection of them. Create your own book or three-ring binder of all of the submissions. NCCNHR would also love to receive a copy of your facility's book after the event!



# ACTIVITY IDEAS AND SUGGESTIONS

## Residents' Rights Week 2006 Bulletin Board

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**Audience:** Residents, families, volunteers, staff, visitors

**Supplies:** Bulletin board, colored paper, markers, glue, scissors, tape

**Purpose:** To make the community aware of residents' rights, and all it entails.

**Activity:** Create a Bulletin Board around the "CARE Matters" theme. Ask residents what each letter in CARE means to them. Put all of the words on the bulletin board for everyone to see how much CARE *really* does Matter! There are some sample words included on the next page that NCCNHR came up with for use in facilitating conversation and getting participants thinking. Also included are ready-to-go bulletin board letters.

**Follow-up:** Group Discussion



## A LITTLE ABOUT WHAT CARE MEANS TO THE NCCNHR STAFF

Below is a list compiled by the NCCNHR staff after completing the bulletin board activity themselves. As you can see, there is a wide range of words people may come up with. As a facilitator, you may need to prompt residents to start coming up with their own words. Encourage residents to keep words positive so that everyone who passes by the bulletin board can enjoy and appreciate them.

| <b>C</b>             | <b>A</b>       | <b>R</b>       | <b>E</b>      |
|----------------------|----------------|----------------|---------------|
| Care                 | Acceptable     | Relatives      | Education     |
| Caregivers           | Access         | Reliable       | Effectiveness |
| Charity              | Accommodating  | Religion       | Elevated      |
| Choice               | Accountability | Residents      | Empowerment   |
| Civil                | Active         | Respect        | Enforcement   |
| Compassionate        | Activities     | Responsibility | Engagement    |
| Complaisant          | Advocacy       | Responsive     | Environment   |
| Concerned            | Aesthetic      | Revere         | Essential     |
| Consequences         | Affectionate   | Rights         | Esteem        |
| Consideration        | Amiable        | Role models    | Ethical       |
| Consistent           | Approachable   |                | Excitement    |
| Contribute           | Attentive      |                |               |
| Cordial              | Aware          |                |               |
| Core Values          | Awareness      |                |               |
| Courteous            |                |                |               |
| Cultural Differences |                |                |               |

**care**

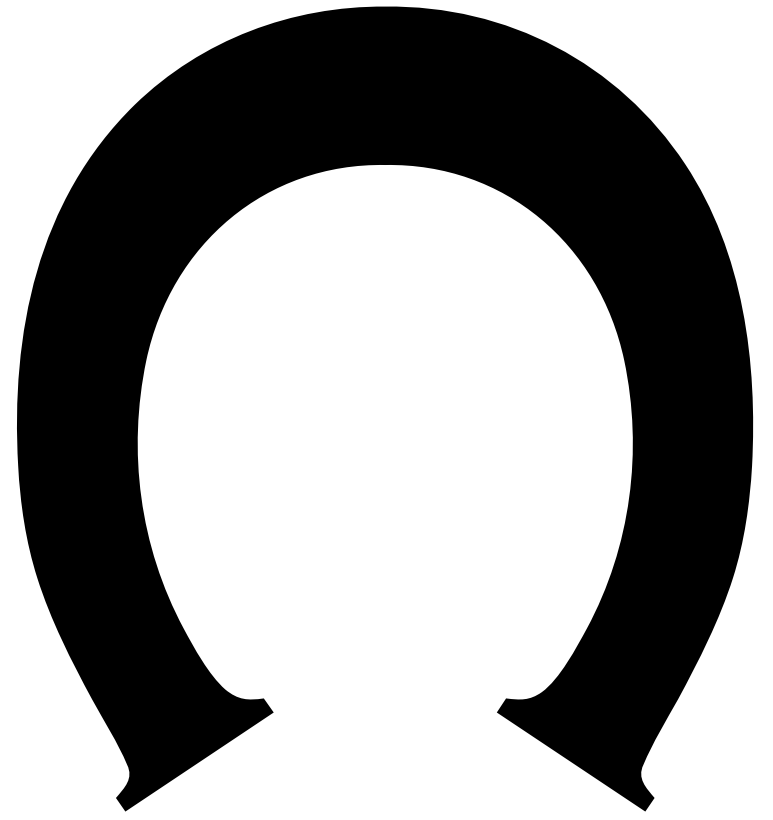
**Choice • Accountability • Rights • Empowerment**

**Matters**

**WHAT DOES**

**“CARE”**

**MEAN TO YOU?**





**A**

**RU**

**A**

# ACTIVITY IDEAS AND SUGGESTIONS

## CAREgivers Appreciation Event

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**Audience:** Residents, families, volunteers, staff

**Supplies:** Various, depending on event planned

**Purpose:** To recognize caregivers in long-term care facilities.

**Activity:** Ask the Resident and/or Family Council to plan a staff appreciation social hour or other event that recognizes careGIVERS Matter too! The Councils can give out awards to staff members who have made residents' lives better by the small things they do for them. This could be a nurse aide or nurse, but also housekeeping, maintenance, therapy, dietary, administration or other department staff member. Residents could write a short story about the person and why they were chosen, and share it during the event.

**Intergenerational Programming Idea:**

Residents may also chose to recognize all of the staff by making thank you cards with schoolchildren who come to visit, and having each resident who is able sign them. The cards could also be made by only residents without the help of children.

**Follow-up:** None.



# ACTIVITY IDEAS AND SUGGESTIONS

## Residents' Rights Week Word Games

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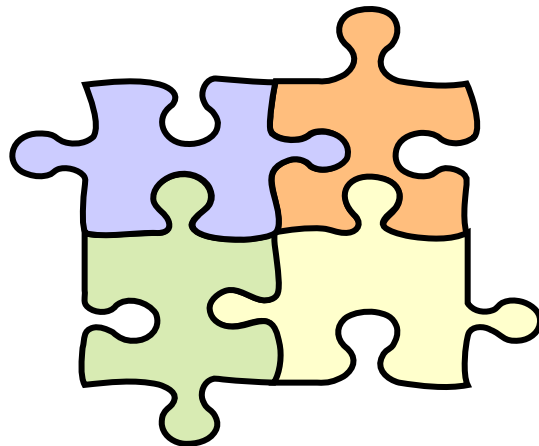
**Audience:** Residents, families, volunteers, visitors, staff

**Supplies:** Copies of the word games found in this packet, writing utensils

**Purpose:** To stimulate residents' mind, and provide an independent activity for everyone who chooses to participate.

**Activity:** Pass out copies of the word games included in this packet.

**Follow-up:** You may choose to have a competition with residents or staff (separately), and hand out small prizes to those who complete theirs.



# More Residents' Rights Week Fun

S N E Q A V R D C E Y A N D I T C U  
E F I C U S O R E E A O I G E A E I  
C E F R O A N L R I V O N C R G I E  
N T A O E N L U U E K I L E M O H N  
E T S M S L S I A N T A G E O E C A  
R E H A B I L I T A T I O N L F S O  
E V A A E R C I D Y V E B S N F T N  
F T F L R O A O A E O F E T E E E C  
F E A S A O M A R M R F C R I C B L  
I T V N V M T S M L E A L F S T F O  
D H I I O I I Y M E A M T I O I N S  
L I C C S I O A L V N I Y I F V R A  
A C C O U N T A B I L I T Y O E A C  
R A E O N S O C S L M L T N L N I A  
U L F T A C O P E E E A E I E E A M  
T F L I U I E L S F M F F E E S L O  
L A U D L E T R F E F I I T E S S L  
U N E L F S S E N E R A W A I E H E  
C I M E T T E I K T A I N A H S A A

Accommodating

Amenities

Caregivers

Cultural Differences

Ethical

Leisure

Responsive

Accountability

Amiable

Concern

Effectiveness

Family

Quality of Life

Volunteers

Affectionate

Awareness

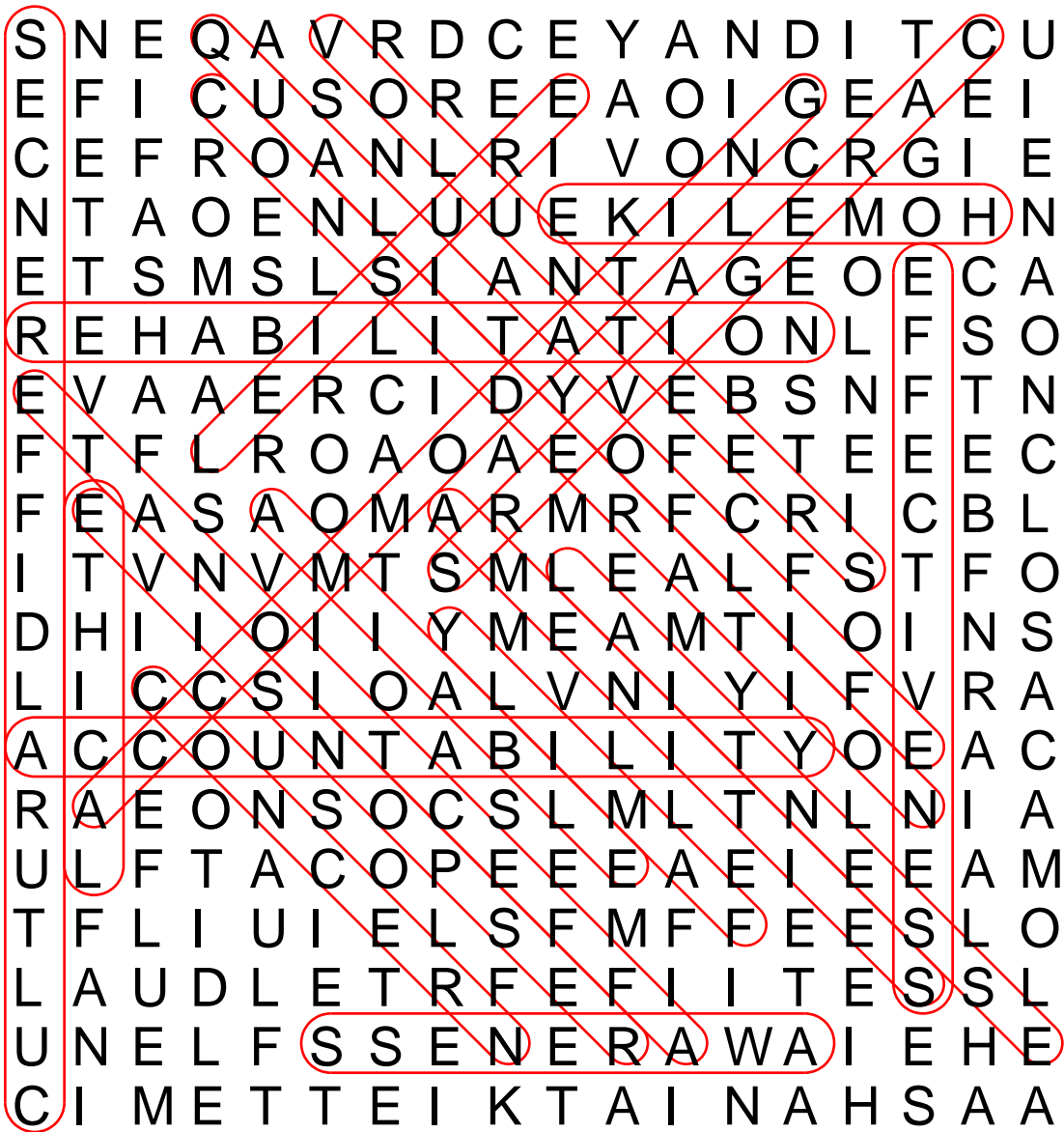
Consideration

Essential

Homelike

Rehabilitation

# More Residents' Rights Week Fun



Accommodating

Amenities

Caregivers

Cultural Differences

Ethical

Leisure

Responsive

Accountability

Amiable

Concern

Effectiveness

Family

Quality of Life

Volunteers

Affectionate

Awareness

Consideration

Essential

Homelike

Rehabilitation

# Residents' Rights Week 2006

Y L D N E I R F S E E I R A  
T N E M E C R O F N E V U T  
I R E L I A B L E E E S I T  
L N S C O N E Y A A H C N E  
A P P R O A C H A B L E A N  
I I N O E R N I E A M S M T  
T E A A V A E T D N P L S I  
N C I E I S D V O I A E D V  
E R S S T C O R A L I D U E  
D N I A C C I B H L C O B S  
I I E C A V H S H E U M M T  
F A O C N T A O Y E A E O E  
N E Y E E U N M I H A L S E  
O U E S A F E T Y C P O T M  
C O F S T N E D I S E R L H

Access

Approachable

Confidentiality

Environment

Fun

Physician

Role models

Active

Attentive

Core Values

Esteem

Health

Reliable

Safety

Advocacy

Choice

Enforcement

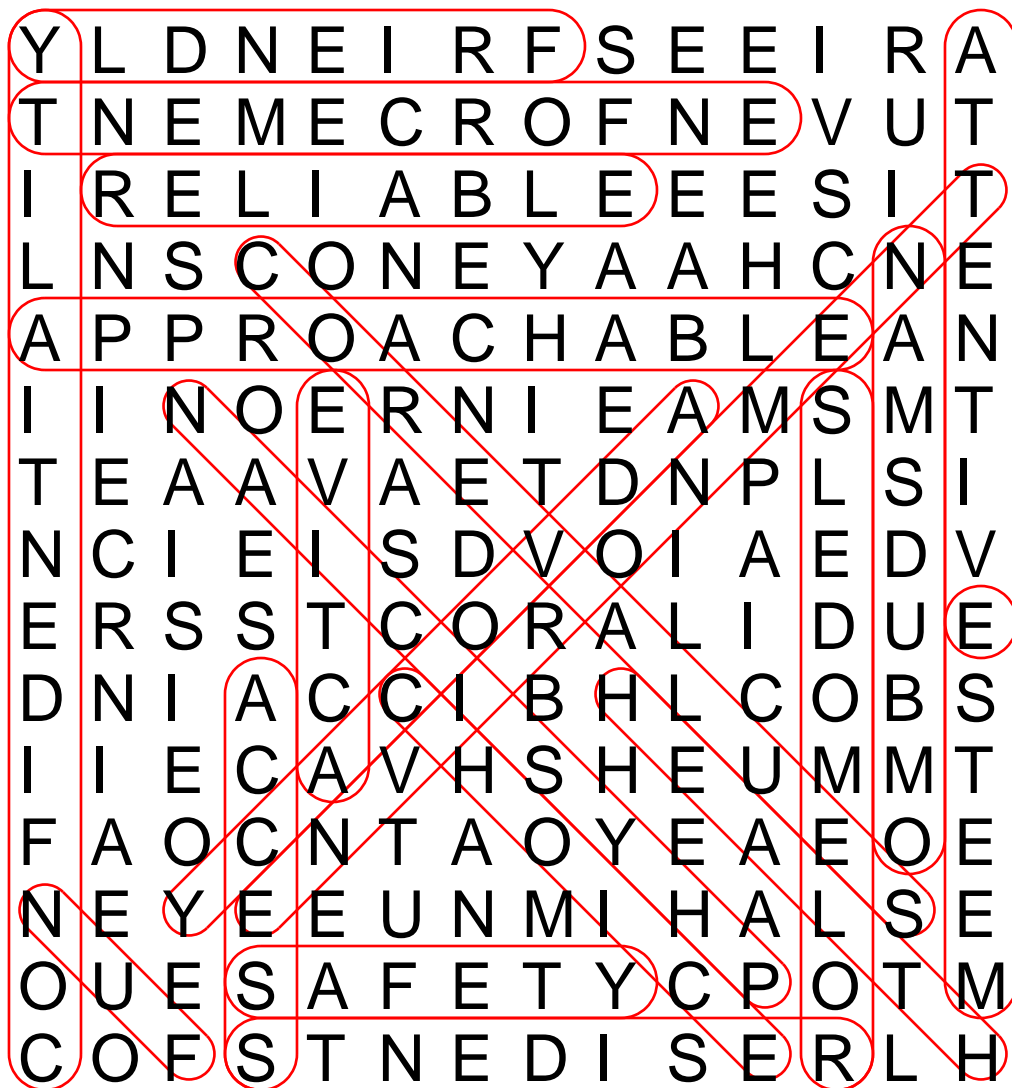
Friendly

Ombudsman

Residents



# Residents' Rights Week 2006



Access

Approachable

Confidentiality

Environment

Fun

Physician

Role models

Active

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Core Values

Esteem

Health

Reliable

Safety

Advocacy

Choice

Enforcement

Friendly

Ombudsman

Residents

# Residents' Rights Week

Celebrate Residents' Rights Week 2006!

T S E T I I Y W R I Y T C E P S E R  
C O S R E N H T S C O E R I N T I T  
L A T R A O Y R N E N T O T A N M S  
A E T S I I M G N I S R U N D E I N  
C E R T A G O M T U O S O E R M O A  
C E M L E I N E O E N I P M E R V R  
E I M N Y L O E U O S E E N E E R Y  
P O C T N E T S I S N O C I M W S S  
T V G S E R U T A D E A I A W O S I  
A I D E U T A P E G N C A T L P M C  
B S P O T L M N T E S T S R S M L I  
L I C N U O C T N E D I S E R E A M  
E T I G C E Y R O T D V V T A M I R  
D O E E H P N E W F R I E N D S I R  
P R I V A C Y I O O T T G E C G A S  
H S T R R E D U C A T I O N H C T T  
N E E N I I D P L D T E A T I E I I  
T H Y E T G I E I N C S S P C T R S  
T D L C Y F R E E D O M U N V S Y A

Acceptable

Charity

Consistent

Education

Freedom

Nursing

Relatives

Respect

Visitors

Activities

Clean

Courteous

Empowerment

Independence

Privacy

Religion

Rights

Autonomy

Compassionate

Dignity

Entertainment

New Friends

Regulations

Resident Council

Therapy

# Residents' Rights Week

Celebrate Residents' Rights Week 2006!



Acceptable  
Charity  
Consistent  
Education  
Freedom  
Nursing  
Relatives  
Respect  
Visitors

Activities  
Clean  
Courteous  
Empowerment  
Independence  
Privacy  
Religion  
Rights

Autonomy  
Compassionate  
Dignity  
Entertainment  
New Friends  
Regulations  
Resident Council  
Therapy