

Life Enrichment Policy

Original Effective Date: August 1, 2021

Purpose & Context

Life Enrichment systems and programs are designed to serve the total person. Resident engagement is grounded in honoring the person and their individual purpose through all the wellness dimensions: spiritual, social, physical, intellectual, environmental, emotional and vocational.

Procedure

1. Get to know resident history, preferences, dreams and hopes
 - a. Resident Assessment (My Life Today)
 - b. Welcome Days
 - c. Care conferences
 - d. Everyday interactions
2. Provide a variety of engaging resident programs
 - a. Planning:
 - i. Incorporate resident preferences (My Life Today)
 - ii. Group size variety based on resident needs (Small, Medium, Large, Virtual)
 - iii. Resource for independent resident interests and hobbies
 - iv. Interdisciplinary Approach (spiritual care, fitness, culinary, volunteers)
 - v. Development of calendar (daily, weekly and/or monthly)
 - vi. Program needs: rooms/set up/supplies/dietary & volunteer requests
 - b. Implementing:
 - i. Sharing calendars (website/community posting/resident copies)
 - ii. Encouraging resident participation
 1. Personal invites
 2. Escorts
 - iii. Overseeing of program
 - c. Evaluating:
 - i. Observation of participants during programs
 - ii. Asking participants for feedback
 - iii. ServiceTrac
 - iv. Resident/Family Council
 - d. Participation Tracking
 - i. Required (LTC)
 - ii. Site level determination based on needs of residents/families (Commons/Arbor)
 - iii. Upon request of the family (Commons/Arbor)
3. Community integration
 - a. Inside specified dementia community
 - i. Volunteers/Community Groups/Pet Visits
 - ii. Entertainment Guest Speakers
 - b. Outside specified dementia community
 - i. Outings
 - ii. All Campus Programs
4. Use of outdoor spaces

References

The Life Enrichment Policy is a required document per [144G.82](#) of all Minnesota assisted living communities to describe life enrichment programs and how activities are implemented at the assisted

living community.