

# THE KNOLLS

## Adult Day Services Program

51 Grasslands Road  
Valhalla, NY 10595

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New Policy Date:	Revision Dates:
Department:	Approval:

### POLICY

Therapeutic Recreation will provide various planned recreation activities that will contribute to the registrant's level of function and well-being. Various activities will help stimulate physical, emotional, and social interactions and reflect the interests, cultural background and communities of the registrants. Staff will provide materials and activities centered around the registrant's interest, needs, and expressed requests appropriate with their abilities.

### PURPOSE:

To ensure each registrant:

- Is assessed according to his/her preferences/choices, interests, strengths/abilities, and limitations
- Receives meaningful, ongoing, and individualized programs of activity in the program and community; and
- Received activities, to the extent possible, that contribute to attaining and maintaining the highest quality of life.
- Is assisted in connecting with other community-based settings for their personal enrichment and growth.

### DEFINITIONS:

Activities refer to any activity, other than ADLs, in which a registrant chooses to engage in that is intended to enhance his/her sense of wellbeing. These may include, but are not limited to, activities that promote health and wellbeing, pleasure, comfort, increased self-esteem and self-confidence, creativity, and independence. Activities can occur at any time and are not limited to formal activities being provided by Therapeutic Recreation staff. Visitors, volunteers, and any other program staff can also be involved in daily activities. Additionally, while in program registrants may choose to participate in solitary or self-directed activities.

Examples of offered activities include, but are not limited to:

A combination of formal, informal, and self-directed activities such as:  
Art therapy, games, physical games (i.e. – balloon volley, target toss, basketball) group discussions, religious activities, health education, cooking demonstrations, Newspapers, magazines, books of choice, outside entertainment, computer use, word search, coloring and card games.

Trips to the community at least once monthly.

A structure of support to develop, implement, and evaluate effectiveness of the activities provided.

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**Recreational plan of care is a specific plan of care that includes:**

- Assessment and identification of a registrant's recreational interests, issues/concerns or needs based on the comprehensive assessment.
- Registrant-directed goals, along with staff interventions and approaches
- Registrants may come and go from facility site into the community for a desired period if they have been deemed safe and competent to do so
- Staff will escort registrant out of the building as needed
- Monthly Registrant Council Meeting will be held, and registrants will be invited to offer suggestions regarding activities, trips/community outings, and special/social events.