RECR 392 Activity Plan: Final Facilitation

**Reminiscence Therapy**

**Purpose:** Reminiscing

**Objective:**

**Objective 1:** While participating in the RT activity the resident will decrease the depressive symptoms by 25% as judged by the recreational therapist.

**Objective 2:** During the RT implementation the resident will actively engage in the activity for 75% of the time.

**Outcome:** The intended outcome of this particular program is for resident’s to be able to recall memories from all aspects of life that will spark more memories as well as improve the quality of life for the resident and give them a sense of happiness from being able to socialize with others and go back and forth telling memories and stories from their past and present. I also want the resident’s to walk away with a sense of improved self-esteem and lower depression symptoms.

**Number of Participants:** 1 or 2

**Equipment/Supplies/Resources to Implement:**

**Icebreaker Supplies:**

**Grab Bag:** paper bag or box, small slips of paper

**Question Ball:** beach ball (with questions written on it in large print)

**Main Activity Supplies:**

**Memory Box:** Anything old (pictures of the items)

**Calendar Flashback:** paper and pencil (one for each participant)

**Icebreaker:**

* Grab Bag
* Objective- socialization, reminiscing
* First, the implementer will start by introducing herself and explaining the purpose of today’s group and what we will be doing.
* The implementer will already have gotten the bag together, and wrote on the small slips of paper a memory, like a prompt for the participant. These could be favorite color, least favorite school teacher, favorite winter activity, and such.
* The implementer will explain the objective and directions of the activity.
* The group will be seated in a circle formation with the implementer in the middle.
* The participants will pass the bag around the circle; each participant will pull out a slip of paper and read aloud the prompt.
* The participant will then recall a memory having to do with the prompt and will tell it to the group.
* After the participant tells their story, the implementer will open the circle up for anyone to share the memory they have of the same prompt.
* Once everyone who wants to share goes, the next participant in the circle will read the second prompt aloud for all to hear. Then the steps above will be repeated until every participant in the group has had a turn.
* Charles C. Dixon, M. (2000, January 6). Grab Bag. Retrieved July 12, 2020, from https://www.recreationtherapy.com/tx/txrem.htm
* **Alternate/ Second Ice Breaker (if needed) :** Question Ball
* **Activity/Treatment Objective or Expected Outcome:** For the resident to read the question on the ball and answer the question to the best of their ability, to reminiscence with group using the question as a topic for discussion, to use hand- eye coordination when passing/ tossing the ball to other individuals in the group.
* The implementer will begin by again introducing the activity and explaining the instructions and objective of the activity.
* The group will still be arranged in a circle formation.
* The implementer will toss the ball to a random participant to start off the activity. The participant will read the question that their rights thumb lands on when they catch the ball.
* The participant will then answer the question they were prompted with.
* Before the participant tosses the ball to the next person, the implementer will allow for the other members of the group to comment or answer the question as well.
* The activity will continue on this way until all the questions have been answered or every participant has had the opportunity to catch the ball and read and answer the question.
* Ideas for questions on the ball could be:
* Cats or dogs
* Lake or ocean
* Have you ever been to Europe?
* What is your middle name?
* Italian food or Mexican food?
* What is your favorite color?
* Have you ever been on a plane?
* What was your favorite bedtime story?
* Favorite subject in school?
* Summer or winter or Favorite season?
* Beer or wine? (if appropriate)
* Do you like to dance?
* Favorite sport and team?
* Now all of these questions above can be used as prompts for the implementer to get more details from the participant when they answer, like why they chose that answer or a memory that goes along with it that they can recall.
* Charles C. Dixon, M. (n.d.). Question Ball. Retrieved July 12, 2020, from https://www.recreationtherapy.com/tx/txrem.htm

**Main Activity:**

* **Memory Box**
* **Objective:** It helps to unlock memories which are highly valued to those who have fewer memories left and gives an opportunity for conversation.
* The implementer will introduce the activity and the objective and give the instructions for the activity.
* The group will continue to be in a circle formation.
* The implementer will explain they have brought some items they would like to pass around to the group, in this instance it will be photographs.
* The participants will take an item out of the box and stand or sit in their seat so everyone can see the item.
* The implementer will encourage conversation amongst the group as one by one participant can explain or tell of a memory they have of the particular item in the picture. The implementer will give everyone an opportunity to tell their memory.
* The participant will pass the item around the group so they can see and feel the items. In this case involving the senses in the activity for the participants.
* The process will continue until all items have been done or each participant has had the opportunity to pick an item in this case a picture out of the memory box.
* Charles C. Dixon, M. (2009, March 28). Memory Box. Retrieved July 12, 2020, from https://www.recreationtherapy.com/tx/txrem.htm
* **The Second Main Activity: Calendar Flashback**
* The implementer will introduce the activity and explain the directions on how it will be done.
* There are a couple ways to play this activity but this is the way we will do it.
* The implementer will pick a year from the calendar and present it to the participants.
* The participants will then take turns having the participants tell events they remember from that year whether personal to them or events from the country’s history.
* Each participant will get a chance to share if they want for each year.
* The implementer will do years from all the residents’ lifetime so they each have an equal opportunity to share and recall.
* There is no limit to how many years the implementer does; it really is based off of the engagement you are getting from the participants as the activity goes on.
* Charles C. Dixon, M. (n.d.). Calendar Flashback. Retrieved July 12, 2020, from https://www.recreationtherapy.com/tx/txrem.htm