



Special Needs Group

Sample Daily Schedule

1:00-1:15 p.m. – Welcome

Offer water; hand out nametags, reintroduce group members to each other. Shake hands with or hug the residents when you welcome them. Discuss the events planned for the afternoon, allow for interaction between residents.

1:15-1:45 p.m. – Exercise Session/Afternoon Stretch

Invite the residents to sit in a circle. If possible, help wheelchair residents out of their chairs and into an armchair. With this group, it is important that the leader be visible and stands in the center of the group to lead activities. The residents will mimic the leader. The leader may need to go from resident to resident showing them the activity. It is best to have at least two people actively helping with this group. Active games, which involve all the residents, are best such as: volleyball, ball toss, kickball, parachute, trail walking, armchair exercises.

Or lead the residents in a series of stretches from their faces to their toes. Ask those who can, to stand and stretch towards the ceiling. Ask the residents to suggest stretches for the group to follow.

1:45-2:00 p.m. – Bathroom Break/Snack time

While one leader remains in the room the other should with the help of caregiver staff escort those residents who have been identified for a bowel and bladder schedule to the bathroom. Use the 90-second rule. Offer the residents juice/water and graham crackers. Allow those who can to help pass out napkins and cups.

2:00-2:30 p.m. – Passive Activity

Sensory stimulation, arts and crafts, cooking, room decorating, work projects (folding, stapling, stamping), sing a long, table games, picture bingo, storytelling.

2:30-2:50 p.m. – Exercise Session

Arm chair exercises, parachute, bowling, ball toss, horseshoe toss, ring toss, basketball, volleyball, putting, dancing.

2:50-3:00 p.m. – Wrap Up

Offer water to all residents. Tell the residents how much you enjoyed having them. Let them know highlights of what is planned for the next day. Shake hands with or hug the residents good-bye.