



A Look at the Activity Professional

WHAT IS AN ACTIVITY?

An Activity can be defined as either leisure “free or unobligated time, time during which one is not working or performing life-sustaining functions” or recreation “an activity conducted during one’s leisure.” “Activities” refer to any endeavor, other than routine ADLs, in which a resident participates that is intended to enhance her/his sense of well-being and to promote or enhance physical, cognitive, and emotional health. These include, but are not limited to, activities that promote self-esteem, pleasure, comfort, education, creativity, success, and independence. Activities promotes a state of living rather than just an existence.



WHAT IS THE ACTIVITY PROFESSION?



The Activity Profession focuses on individuals working in the long-term care spectrum with individuals living in communities designed to assist in the quality of care and quality of life. The Activity Profession focuses on the social model of care in ensuring recreational needs are met. The Activities Program focuses on services and programs that will help individuals to get well, live well, and stay well through non-pharmaceutical interventions.

WHAT IS AN ACTIVITY PROFESSIONAL?

An Activity Professional is an essential employee designed to meet the wellness model of needs for individuals rehabbing or living in post-acute, skilled nursing, assisted living, independent living, Adult Day Health and the home. The Activity Professional is prepared by engaging in educational opportunities and seeks national certification. The wellness model focuses on implementing an ongoing resident centered activities program that incorporates the resident’s interests, hobbies and cultural preferences which is integral to maintaining and/or improving a resident’s physical, mental, and psychosocial well-being and independence.



WHAT IS THE SOCIAL MODEL OF CARE?



The Social Model or “person-centered” model of care provides a homey, more active environment and focuses supporting a patient through a social environment. It supports residents’ dignity and independence. The social model of care has founded its principles on treating the patient as an individual and respecting their rights and wishes. This person-centered approach tailors care to an individual’s needs and promotes choice, maximizing the abilities and independence of the person as much as possible.

