**Section 390.1100 Recreational and Activity Services**

a) General Requirements for Recreational and Activity Services

1) The facility shall provide recreational and activity services as necessary to meet the needs of the residents. These services shall be coordinated with other services and programs provided the residents, in order to make fullest possible use of both community and facility resources and to maximize benefits to the residents.

2) Each resident shall be evaluated within 30 days of admission regarding the need for services and the results of such evaluation shall be entered in the medical record.

b) There shall be a specific planned program of group and individual activities designed to encourage restoration to self-care and maintenance of normal activity which is geared to the individual resident's needs. Activities shall be available daily and for a reasonable amount of time. Residents shall be given an opportunity to contribute to planning, preparation, conducting, cleanup, and critique of the program. (B)

c) Planning and Direction of Activity Programs

1) There shall be a trained staff person responsible for planning and directing the activity program. This person shall be on duty for a sufficient amount of time to provide a program that meets the residents' needs and interests. Additional activity personnel shall be provided as necessary to meet the needs of the residents and the program. (B)

2) The staff person responsible for planning and directing the recreational services shall participate in the continuing interdisciplinary evaluation of individual residents needs for the purpose of initiating, monitoring, and follow-up of these programs.

d) There shall be written permission, with any contraindications stated, given by the resident's physician for the resident to participate in the activity program. Standing orders will be acceptable with individual contraindications noted.

e) The recreational and activity program shall include, as appropriate to the residents, the following program areas, at a minimum:

1) Recreational activities (examples: age appropriate games, both quiet and active; parties; outside entertainment).

2) Arts and crafts (suitable to meet residents' needs).

3) Religious activities (examples: Bible study or discussion; Bible quizzes and games; hymn singing; grace at meals). These are in addition to routine religious services.

4) Service activities for community and facility (examples: assist with community fund drives; projects for orphanages; care of one's own area in the facility; helping to fold linen).

5) Social activities (examples: grooming and social graces; planned group discussion; quizzes and word games; resident council; newsletter).

6) Community activities (examples: residents' participation in community activities such as plays; church events; band concerts; tours; Girl Scouts and Boy Scouts).

f) A planned volunteer or auxiliary program that assists with the activities program shall be encouraged. It shall be under the direction of a staff member in a supervisory capacity.

g) Documentation of residents' response to program shall be part of the residents' record as set forth in Section 390.1620(b)(2).

h) Equipment and supplies in sufficient quantity and variety shall be provided to carry out the stated objectives of the activities programs.

(Source: Amended at 13 Ill. Reg. 6301, effective April 17, 1989)