Creating Activities with

Telikin

10 Ideas for incorporating the Telikin Senior Computer into your F-Tag compliant program of activities for the residents of your senior community

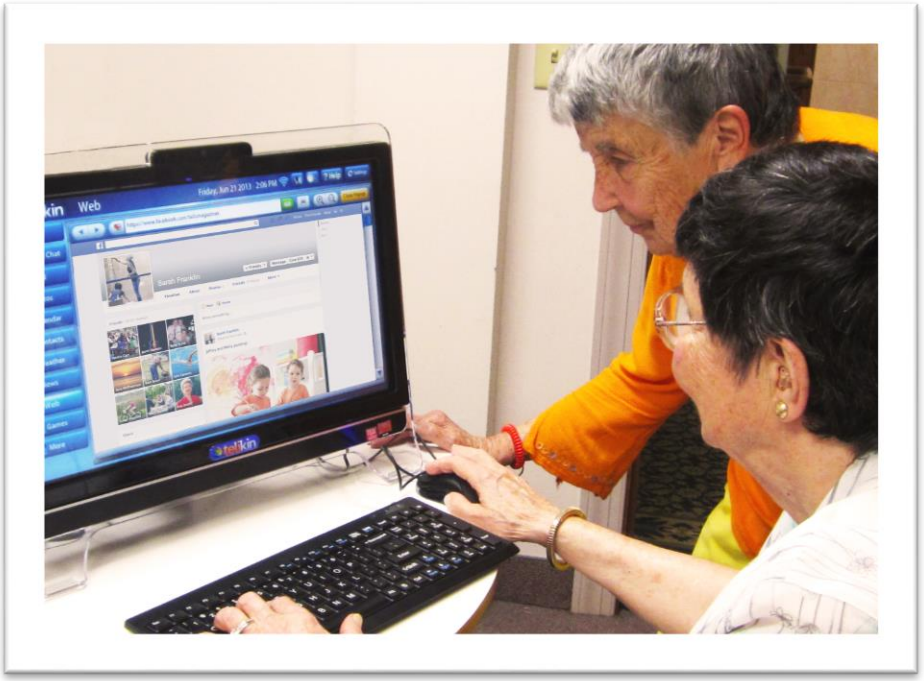


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And if you like what you read, you can find out more here

telikin

A simpler, easy to use computer.

Introduction

The activities we present in this guidebook are designed to help you create fun, engaging activities for your residents that meet F-Tag regulations, especially:

F-Tag 248 - Activities:
The facility must provide for an ongoing program of activities designed to meet, in accordance with the comprehensive assessment, the interests and the physical, mental, and psychosocial well-being of each resident.

F-Tag 242 - Self-Determination and Participation:
(b) Self-determination and participation. The resident has the right to-

(1) Choose activities, schedules, and health care consistent with his or her interests, assessments, and plans of care;

(2) Interact with members of the community both inside and outside the facility; and

(3) Make choices about aspects of his or her life in the facility that are significant to the resident

In senior living, there is an emphasis on "person centered" activities, meaning that they are appropriate for each individual's own interests and abilities.

Telikin offers endless possibilities for creating person-centered activities for your residents both in groups and as individuals. These following 10 ideas can be used as is, but also can be adapted for the specific needs, interests, and abilities of your residents.

Group Activities

1. This is my town
2. Today in History
3. Fun with Words
4. Ready, Set, Draw!
5. Virtual Vacations
6. Sing-a-longs

You know the benefits of your residents interacting and working with each other as a group. These activities are designed to get your residents working together and sharing their own thoughts and experiences, while providing mental stimulation.

To set up for these activities place the Telikin on a table or desk facing away from the group and connect unit to HD large screen TV via HDMI cable. Set up needed amount of chairs in semi-circle or group in front of the TV. It will also be helpful to bookmark sites so you can easily access them for the activity.

This is my town

Exploring Residents' Hometowns

Benefits:

1) **Participants reminisce about their past**
2) **Residents learn more about each other, discover shared interests, experiences**

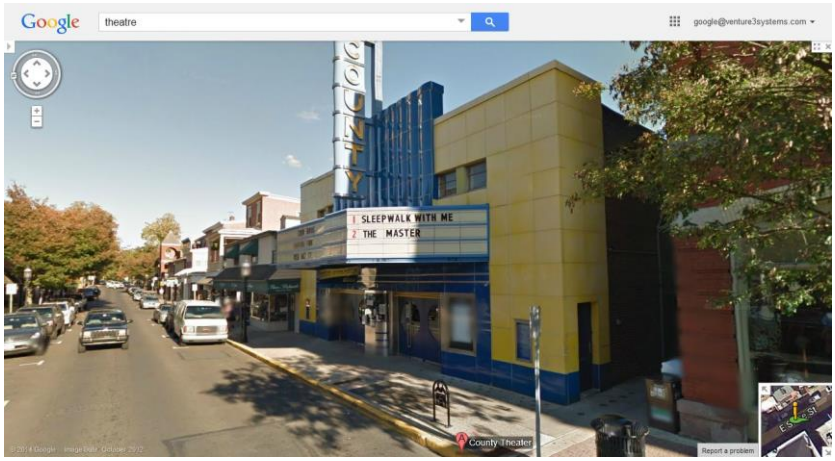
Set-Up: On the Telikin, open up the Web application and navigate to Google from the Quicklinks page

Start with one resident, and ask them some questions about their home town:

What was their favorite part about it? What do they miss about it? What don't they miss? Do they still have family there? What was their favorite weekend hang out spot?

Depending on the abilities of the group, you or another staff/volunteer can navigate the computer or the resident can do it themselves or with help.

Do a Google Search for the town name. A good place to start is with Google maps. If the resident remembers the address of their home, you can try searching for the house to see it. Or if the resident remembers a famous landmark or favorite spot, you can do a local search to find things like restaurants, museums, movie theatre, parks, etc.



Wikipedia is also a great reference for information. Depending on the size of the town, the Wikipedia article may have some fascinating facts about the town's history, famous people who were born or lived there, or pictures. The other benefit to Wikipedia is that you can further research a reference by clicking on any links inside the article, and also read article's sources (cited down at the bottom of the page). Other ideas for finding information include local newspapers and the town's government website.

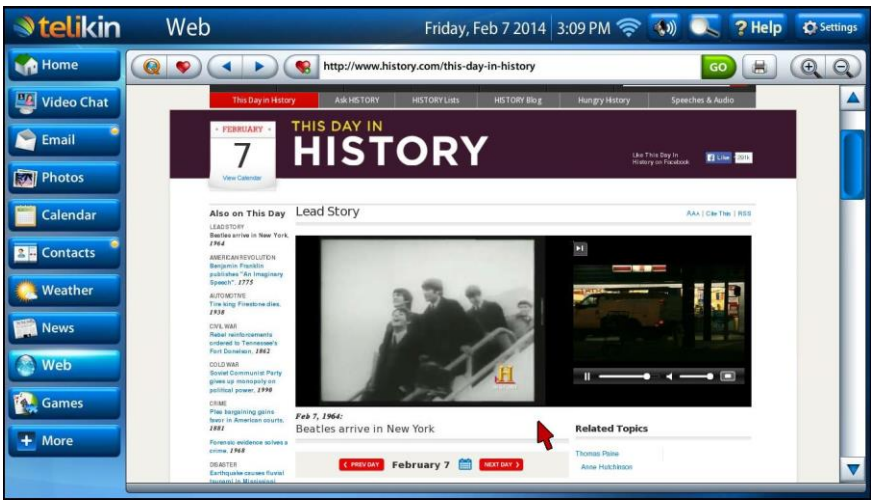
Today in History

Reminiscing with historical events

Benefits:

1) **Participants reminisce about the past**
2) **Participants utilize critical thinking skills**

Set Up: Open up the Web application on the Telikin and navigate to the This Day in History page



TIP: You can use the lead story, which always includes a video, to stimulate discussion, or select one of the other stories from different time periods.

To get residents discussing the event, ask probing questions such as:

- Do you remember this happening?
- How old were you?
- Where were you when it happened?
- Why do you think this was significant?
- What changes did it cause?
- Did you learn about this event in school?
- Have we changed how we view this event's significance?

Fun with Words

Group games to get them thinking

Benefits:

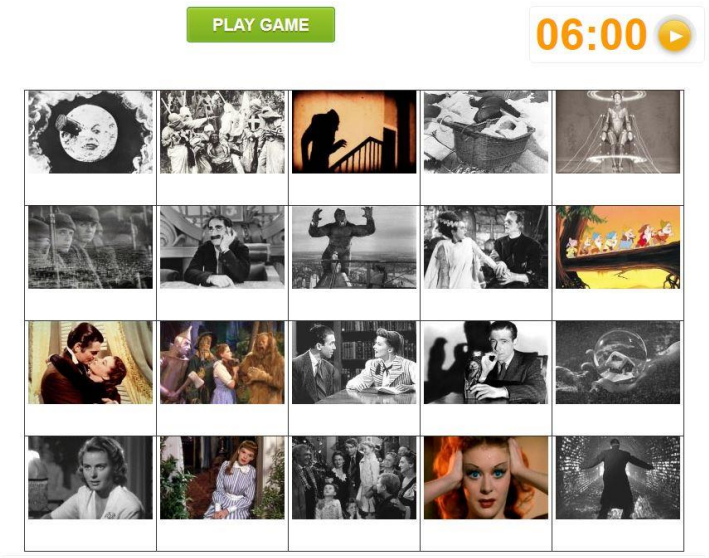
1) **Participants tap into their parietal and temporal lobes**
2) **Certain kinds of intellectual activities can help prevent age-related cognitive decline**

Set Up: In the resources section, there are many ready-made games. There are also sites that will allow you to create your own custom games.

You or one of the participants sits at the computer, while the others area able to see the Telikin screen displayed on the big screen. The person at the computer reads the hints and controls the game while the others guess the words or answers. If the abilities of the group allow it, alternate who is controlling the game. You can also break up into teams for these activities.

Playing group games can supplement a themed party. For example if you're having an Oscars Party, you could make games with famous movies or actors.

Sporcle.com is a great site that offers thousands of quizzes on any topic you can imagine. These quizzes give you a category (like US Presidents or 1950s Movies), and then you have to type in your guesses within a certain amount of time.



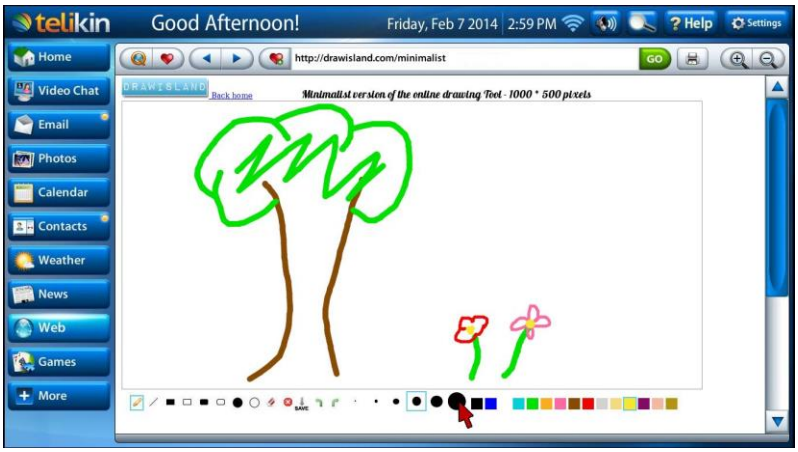
Ready, Set, Draw!

Group Pictionary

Benefits:

1) **Participants practice fine motor skills**
2) **Residents build camaraderie in team version**

Set Up: Write words on slips of paper and place them into a hat or bowl. See the resources section for word generation ideas.



Find an online painting/drawing website. Draw Island has an excellent program for basic drawing/painting, and their minimalist version has a very simplified interface that works great on the Telikin.

Start with one resident who comes up to the Telikin and selects a word. Then have them attempt to depict the word they chose by drawing an image on the computer. The other residents will then see the drawing on the large screen and can call out answers.

Multiple ways to play:

1) **Teams** – One team member draws while the others guess. Points are awarded if the correct answer is guessed within 120 seconds. First team to earn 10 points wins!
2) **Individually** – Participants can write down answers on a white board or paper and after 60 or 120 seconds, they can show answers. Correct guesses win a point. If some residents have trouble writing, staff or volunteers can assist. The player with the most points, after so many rounds, wins.
3) **Free for all** – No teams, no points, just all fun! Participants shout out guesses.

Virtual Vacations

Get away to just about anywhere

Benefits:

1) **Participants learn about other parts of the world**
2) **Residents feel like they can still experience new things**

While many of your residents may be unable to visit places physically any more, the internet offers great ways for them to experiences places.

With Google maps you can literally see anywhere in the world, places you thought you'd never see like the streets of Tokyo.

Many sites also offer virtual tours for almost any tourist spot in the world. For example you can walk through the floors of the Smithsonian Natural History Museum or look down the Champs-Elysees from the top of the Eiffel Tower.

This activity works well in tandem with a party or gathering. For example, if you host a Toga party you can watch a walk-through of Ancient Rome or take a tour of the Colosseum. For a Hula party, why not take flight over Hawaii?



Sing-a-Longs

Everyone knows these tunes

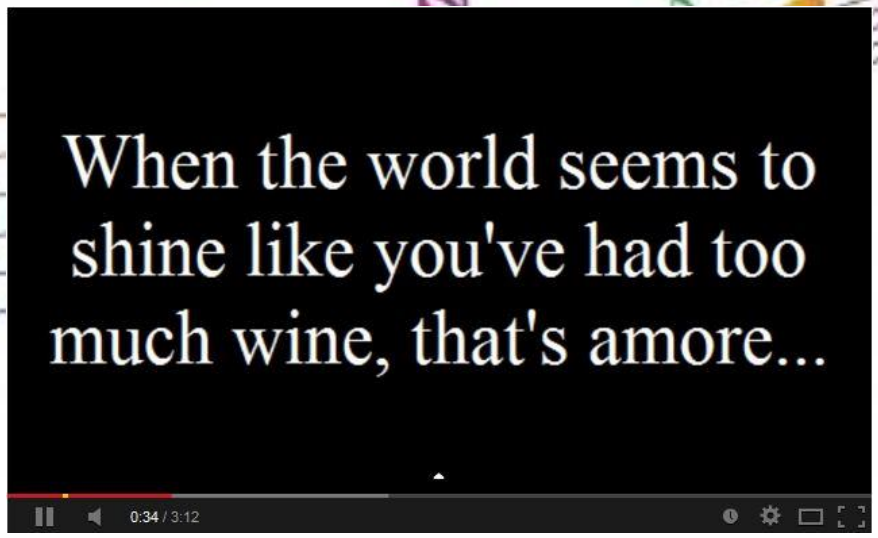
Benefits:

1) **Participants recall lyrics to familiar songs**
2) **Residents can have fun singing and dancing!**

This activity is super easy and sure to please! All you need to do is to pull up a video on YouTube. See the Resources Section for a list of great songs to choose from.



Simply hit play on the video and have residents sing along as the lyrics appears on the screen as the music plays. Dancing can also be encouraged!



Individual Activities

1. Staying in Touch
2. Play Games
3. Pursue Personal Interests
4. Learn a New Language

The versatility that you get with Telikin will allow you to create person-centered activities for each resident. After determining the individual's interests and needs, you can tailor each of these activities to fit them. Some of your residents will be able to use the computer on their own after some initial teaching, while others will require assistance, but every one of them can benefit from what Telikin offers.

Staying in Touch

Communicate with friends and family

Benefits:

1) **Residents feel connected to their loved ones**
2) **Keeping connections with friends and family maintains a high quality of life**

CMS F-Tag 242 states that residents have a right to interact with members of the community both inside and outside the facility. Interaction is key for helping seniors age well. In fact, according to the 2013 Aging Study conducted by the National Council on Aging, UnitedHealthcare, and USA TODAY, 40% of seniors listed connections to friends and family as the top choice for maintain a high quality of life as they age.

Today, with families more, it becomes more difficult for them to stay in touch.

Telikin offers several ways for a resident to keep up with friends and family members:

1) Email
2) Video chat
3) Photosharing
4) Social networks



There are many creative ways to utilize these applications. For example, family members can record videos on their smartphones or digital cameras and then email those videos to their loved one to view. This option works well for a resident who is beyond the point of being able to use the computer on their own, as a staff member or volunteer can easily pull up the video message with the resident.

Another creative example is with video chat. If a resident is physically incapable of attending a family event such as a wedding or christening, a family member attending can use the Skype app on their smart phone to stream the event for the resident.

Play Games

Keeping the brain active

Benefits:

1) **Residents play games to keep different parts of their brain engaged**
2) **Residents stay entertained**

Between the games built-in on the Telikin and the thousands of games online, there is a game for every level or ability and interest.

Games can be a great way to exercise different parts of the brain as well as improve fine motor skills. One of the rehabilitation facilities has utilized the Memory game to measure and increase fine motor skills with OT patients. Working with the individuals, staff tested the speed to complete the game at the start, then worked with the patient on the computer, and measured the speed at the end of training. Many of the games have different skill levels, so you can work with residents, and as they increase in skill, you can increase difficulty so they are constantly being challenged.

Games pre-loaded on the Telikin include:
Solitaire, Blackjack, Video Poker, Memory, Mahjong, Photo Scramble, FreeCell, Golf Solitaire, Mine Finder, and Aces Up





For a list of games suitable for different abilities and interests, see the Resources Section at the end of this guide.

Pursue Interests

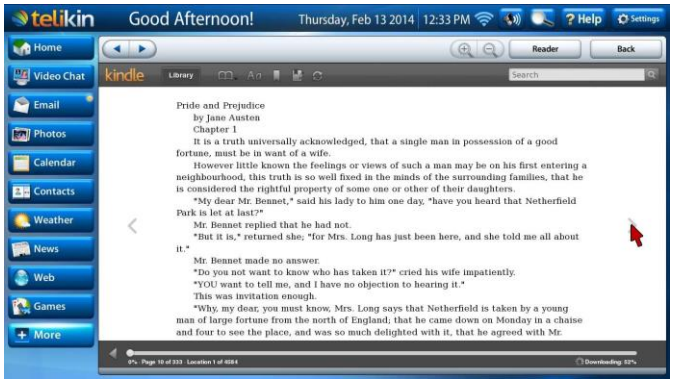
Individualized activities

Benefits:

1) **Residents choose activities relevant to their interest**
2) **Residents explore new and current hobbies**

You know your residents' unique passions, hobbies, and interests. While one may be into gardening, another one interested in woodworking, and still others like model trains, ballroom dancing, jazz music, football, traveling, airplanes, or stamps.

With the internet, you have access to a multitude of sites dedicated to the passions of your residents.



❑ Reading

✓ **Books** – Set up residents with an Amazon account so they can use the Kindle Reader application to read books. Amazon also offers hundreds of free books!

✓ **Magazines** – Do a Google search for magazines related to the resident's hobbies, and bookmark the site for easy access

❑ Music

✓ **Radio** – Sites like Pandora.com let you create a radio station based off a particular artist or style of music. If the resident loves Frank Sinatra, simply type in his name and start listening.



Learn Languages

Learning new and useful skills

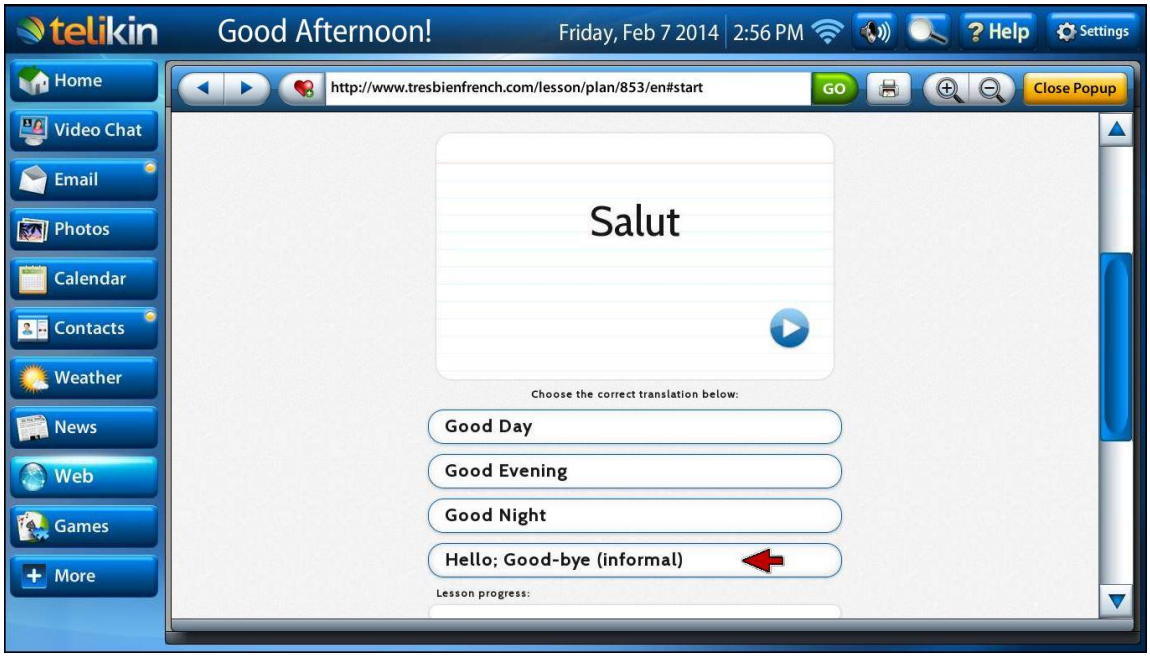
Benefits:

1) **Residents keep their brains active**
2) **Residents feel empowered by learning a new, useful skill**

Studies show that learning a new skill can help prevent cognitive decline in seniors. Learning a new language is a great way to do this! Continual practice will help facilitate progress both with the new language and with building up cognitive reserves.

There are many websites that offer language lessons, including Pangaea Learning LLC. This site has lessons, games, tests, and more for eight different languages, and it's all for free. Users can create an account so progress can be tracked.

This activity can work both as with individuals and groups. For example, you could go through one of the lessons, such as Greetings in French, as a group, and then you could play a game, like Hangman, using the words that were just taught in the lesson.



Resources

In this section, you'll find all the websites that were mentioned in this guide, as well as many more to help you create and implement activities with Telikin in your community.

Games

- Educaplay (ready-made and create your own)
- Name that Theme Song
- Sporcle Quizzes
  - US Cities West to East
  - Original 13 US Colonies
  - US Presidents
  - Famous Wars
  - People on US Currency
  - Name the Country Based off Political/War Photo
  - TV Dads by Photos
  - 1960s TV Shows Fill in the Blank
  - 1940s and 50s TV Shows by Actors/Actresses
  - 1950s Movies by Photos
  - Audrey Hepburn Movies by Character Name
  - Audrey Hepburn Movies by Image
- Play Chess Online
- This Day in History
- Draw Island Minimalist – Paint and Draw online
- Online Memory
- Patchwork Puzzles
- Pictionary Word Generator

Virtual Tours

Eiffel Tower Virtual Tour
Smithsonian Natural History Museum
Aerial Tours over Hawaii
The Colosseum
Clara Barton House
Martin Luther King House
International Spy Museum
L'Ouvre
Andy Warhol Art Gallery online
Mount Vernon
Taj Mahal

Sing-a-long Songs

Frank Sinatra's Come Fly With Me
Dean Martin's That's Amore
Frank Sinatra's New York, New York
Dean Martin's Everybody Love Somebody
Dean Martin's Ain't That a Kick in the Head
Buddy Holly's That'll Be the Day
More classic song with lyrics

Languages

- Pangaea Learning
  - Que Onda Spanish
  - Tres Bien French
  - Wie Geht's German
  - Tudo Bem Portuguese
  - Molto Bene Italian
  - Ma Kore Hebrew
  - Salaam Arabic

Additional Sites

- Google Maps
- Wikipedia
- YouTube

References

- The Aging Survey 2013
- Learning New Skills Keeps an Aging Mind Sharp
- Stay Mentally Active (Alzheimer's Association)
- Preventing Alzheimer's Disease (NIH NIA)



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