



Special Needs Group

Sample Daily Schedule

Higher Functioning Residents (group size 12-15)

9:00-9:30 a.m. – Welcome

Offer coffee, juice, and tea; hand out nametags, reintroduce group members to each other. Discuss the events planned for the morning, allow for interaction between residents. Use the newspaper for topics for discussion (use more positive or humorous stories.)

9:30-9:45 a.m. – Morning Stretch

Invite the residents to sit in a circle. If possible, help wheelchair residents out of their chairs and into an armchair. Play soft music in the background. 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.

9:45-10:15a.m. – Picture

Identification/Reminiscences - Using pictures of household items or activities, go around the circle and ask the resident to identify what is going on in the picture, ask the resident to act out what is happening, ask the resident to tell a story about the activity/person in the picture. Allow for discussion as the residents remember performing the activities in the picture.

Optional: Pick a topic - Learning to drive a car; The worst meal I ever cooked; When I got married; Games we played as children; Brothers and sisters; etc.

Ask the residents to say words or phrases identified with the topic-record them on a chalkboard. Use these phrases to reminisce. Go around the circle and encourage each resident to share something

10:15-10:20 a.m. – Water Break

10:20-10:40 a.m. – Bathroom Break

While one leader remains in the room the other should (with the help of an available caregiver) escort those who need to go or who are on a bowel and bladder schedule to the bathroom.

10:40-11:15 a.m. – Exercise Session

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

11:15-11:45 a.m. – Passive Activity

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

Optional: Individual activities - You may want to have ongoing projects or activity stations that meet the individual's needs such as puzzles, crafts, sewing, magazines etc.

11:45-11:50 a.m. – Wrap up

Offer water to all residents. Tell the residents how much you enjoyed having them. Explain that lunch is next and tell them what is on the menu. Let them know highlights of what is planned for the next day.