Recreation: Beyond the Activity Calendar

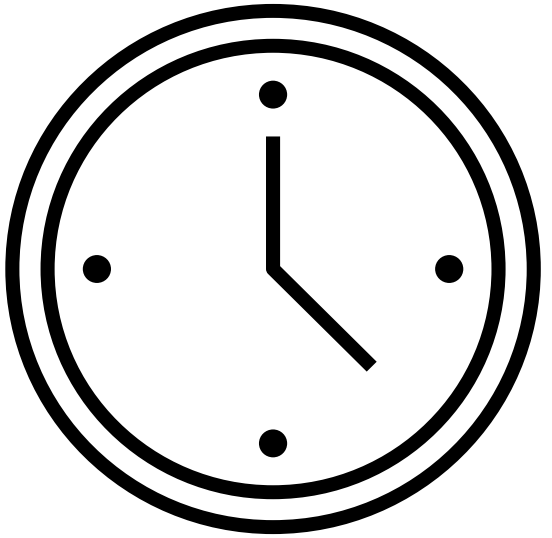
A Two-Part Series

Part One: A Behind the Scenes Understanding

OARC

Our Time Together

- The Legislative Framework
- Legal Requirements and Regulations
- Understanding Funding
- Staffing and Leadership Qualifications
- Residents' Rights
- Activities through the perspective of a Recreational Professional & Resident



Land Acknowledgement

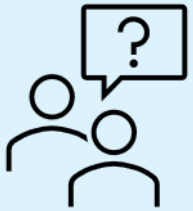
Together, let us now pause as we acknowledge the Indigenous Peoples of all the lands that we are on today, from wherever we are virtually participating in today's meeting. Let us take a moment to acknowledge the importance of the land we each call home.

We do this to affirm our commitment and responsibility to improving relationships between nations, and to improving our own understanding of local Indigenous Peoples and their cultures.

We acknowledge the ancestral and unceded territory of all the Inuit, Métis, and First Nations people who call this nation home.

Let us now join in a moment of reflection to acknowledge the harms and mistakes of the past and to consider how each of us, in our own way, can move forward in a spirit of reconciliation and collaboration.

Webinar Housekeeping



Question Box

Type questions in the Q&A box. We will answer as many as possible during the presentation.



Chat Box

The chat feature is disabled during this session.



Recording

Today's discussion will be recorded and shared with participants following the session via email.



Evaluation

After the webinar, a pop-up screen asking you to complete a survey will appear. Your feedback and suggestions are appreciated.

Meet Today's Speakers



Erin Westwood
Home Support Coach
(West)



Jessica (Chong) Mocny
Home Support Coach
(East)



Andrea Phoenix
Resident Leader



Carole Burke
Resident Leader



Sierra Roberti
Home Support Coach
(North)



Sarah (Masonovich) Favero
Home Support Coach
(Central)

What are common words you think of when you think of programs in your home?



The Legislative Framework

Under Ontario's **Fixing Long-Term Care Act, 2021**, every LTC home must have an **organized program of recreational and social activities that meets the interests of residents**. This is a legislated requirement; meaning recreation and social programming is not an optional service that a home may choose to provide.

The legislation specifically says that the program must include services for:

- Residents living with cognitive impairments; and
- Residents who are unable to leave their rooms.

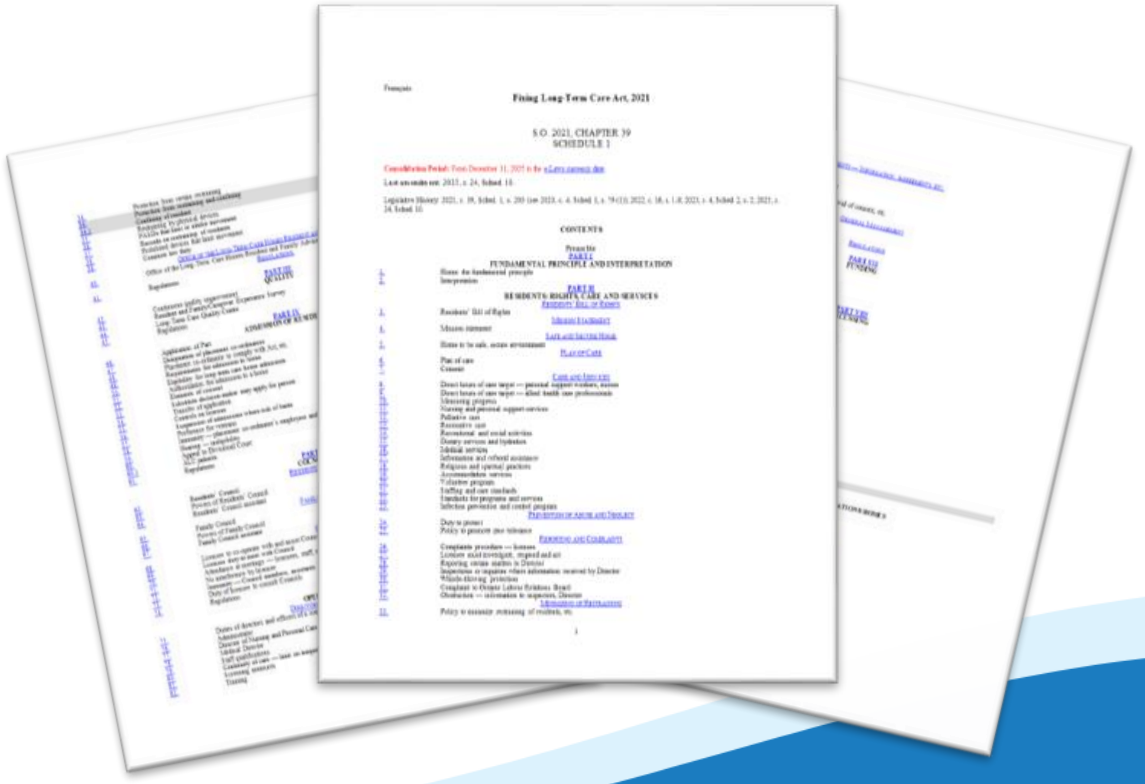
What does this mean for residents?

A recreation program shouldn’t be a calendar of activities that staff have chosen. **Residents' interests and voices are to help shape the program.** Staff should engage residents in the design of the Activity Calendar by:

- Hosting calendar planning meetings with residents
- Discussions, feedback, suggestions gathered through Residents’ Council meetings
- Asking after the program is it was enjoyable and if they’d participate again

Legal Requirements and Regulations Examples of what residents should see in their homes

- Ontario Regulation 246/22 provides more detail about what the recreation and social activities program must include.



O. Reg. 246/22 GENERAL | ontario.ca

What this could look like in your home



Activities that are frequent and varied to benefit all residents and their interests



Opportunities for residents and families to provide input into activities and scheduling



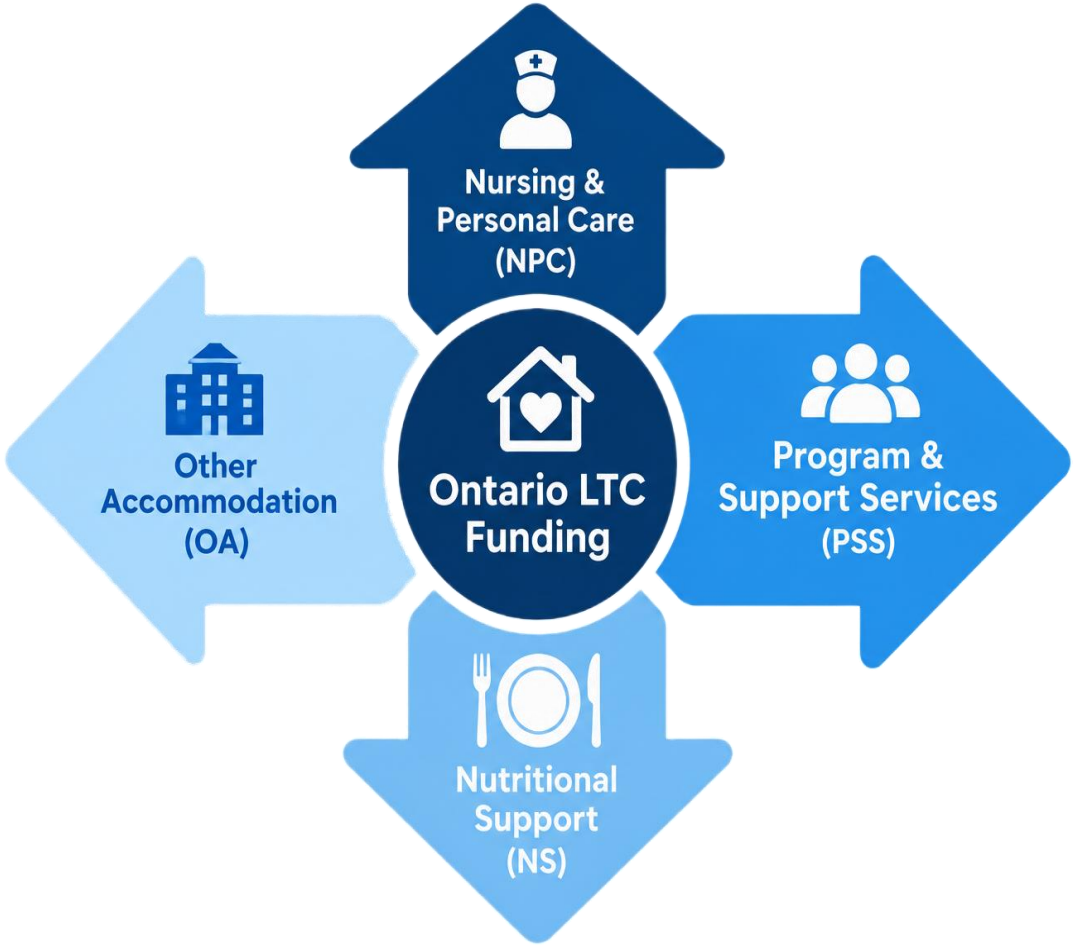
Information about community activities that may be of interest to residents



Assistance and support for residents who are unable to participate independently

How is Recreation funded in Ontario LTC homes?





Program and Support Services (PSS) Envelope



Ontario's funding policy states that the PSS envelope funds eligible expenditures related to:

- **Staff**
- **Equipment related to programs**
- **Therapies provided to residents**

April 1, 2025 - $13.16 per diem

Per resident, per day

April 21, 2026 - $19.26 per diem

Per resident, per day

What other services can come from this envelope?

Staff	– Recreation, physical therapists, occupational therapists, pharmacists
Supplies/ Services	– Arts and crafts, resident library services, adaptive equipment (i.e. specialty straws, double handled mugs, built up utensils) and other recreational program supplies
Equipment	– Speech therapy and music therapy equipment, T.V.'s for resident use

Other eligible program and therapeutic supports

Staffing and Leadership Qualifications

What education and training are required for recreation professionals in LTC?

Ontario Regulation 246/22 establishes requirements for both the designated lead of the recreation and social activities program and the staff members providing recreation.





Must have a post-secondary diploma, degree or certificate in one of the following; Recreation and Leisure studies, Therapeutic recreation, Kinesiology, Gerontology, or another related field

There must be a designated lead in every home

Experience in a health-care setting or other relevant setting.

Individuals who were already working in these roles before the new requirement may continue based on their skills, knowledge and experience



Must have a post-secondary diploma, degree or certificate in one of the following; Recreation and Leisure Studies, Therapeutic Recreation, Kinesiology, Gerontology, or another related field

Must have the skills, knowledge, and experience that in the reasonable opinion of the licensee are appropriate to perform the duties of the position

What does this mean for residents?

Recreation staff have the knowledge, skills and experience to provide meaningful recreation and social opportunities to a very diverse group of residents.

This includes understanding:

- Aging and changing abilities
- Dementia and cognitive impairment
- Accessibility and inclusion
- Resident choice and autonomy
- Social connection and belonging
- Individual interests and life experiences
- Adapting activities so residents with different abilities can participate



Residents' Rights

Resident Right #2: Every resident has the right to have their lifestyle and choices respected

Resident Right #3: Every resident has the right to have their participation in decision-making respected.

Resident Right #10: Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop their potential and to be given reasonable assistance by the licensee to pursue these interests and to develop their potential.

Fixing Long-Term Care Act - Residents' Bill of Rights
https://www.ontario.ca/laws/statute/21f39

Activities through the eyes of a Recreational Professional & Resident



Recreation Professional's Perspective

- Programs with purpose
- Mandate & Legislation
- Empowerment & Co-design



Resident's Perspective

- Identity & Dignity
- Combatting isolation
- Voice & Choice



Physical Wellness

Perspective of the Recreation Staff	What this May Look Like in Your Home
• Supports movement, mobility, coordination, fine motor skills and endurance. • Supports residents in maintaining and improving functional mobility, physical health and independence. • Decrease risk of falls, lowers cardiovascular risks and improves energy.	• Exercise classes, gentle stretching, Yoga • Walking groups, dancing • Bowling, and bean bag toss, • Montessori programming such as folding towels, hanging laundry



“

I see a lot of exercise programs happening in the home. I enjoy my daily walks and visiting with people along the way.



Spiritual Wellness

Perspective of the Recreation Staff	What this May Look Like in Your Home
• Helping residents feel that their lives still have value and that they have something meaningful to contribute. • Supporting moments of peace, reflection, appreciation and connection to something beyond daily routines. • Supporting religious or non-religious practices according to each resident's preferences.	• Music and singing • Reminiscence group • Cultural and seasonal celebrations/ Church • Legacy projects • Individualized quiet leisure • Nature programs • Horticulture



I live in a Catholic home, and we also have Anglican and other Christian services. Personally, I say my prayers each night, read the bible and go to church every Sunday. I am also a Death Doula, where I visit the dying and spend time reading the Bible with residents.



Emotional Wellness

Perspective of the Recreation Staff	What this May Look Like in Your Home
• Building trust and emotional safety • Supporting positive emotions • Encouraging emotional expression • Reducing loneliness and fostering connection • Supporting coping and emotional regulation • Promoting autonomy, confidence and self-esteem	• Coffee & conversation group • Creative expressions; painting, and drawing • Laughter groups; funny stories, movies or T.V shows • Music and memories • Hand massages, guided meditations • Sensory stories • Gardening programs • Pen pal programs • Animal Therapy



“

I have belonged to a pen pal program for the last two years. I also love gardening & watching TV with my neighbours in my home.



Intellectual Wellness

Perspective of the Recreation Staff	What this May Look Like in Your Home
• Cognitive stimulation and critical thinking • Lifelong learning and curiosity • Sharing knowledge and life experience • Maintaining and developing skills • Reasoning, opinions and discussion	• Strategy games • Riddle games • History programs • Short documentaries • Listening to guest speakers • Science or nature programs • Resident-led knowledge sharing



“

We have strategic games, various trivia games and socials where we can discuss topics of interest like current events. Personally, I am an OARC REAL Leader *(Resident Expert Advisors and Leaders)* and Residents' Council President. I also take numerous courses online.



Social Wellness

Perspective of the Recreation Staff	What this May Look Like in Your Home
• Building relationships and friendships • Maintaining relationships outside the home • Encouraging participation and inclusion • Supporting communication and connection • Promoting contribution and community	• Coffee or tea socials • Trivia or team-based activities • Intergenerational groups • Card games, and puzzles • Story sharing circle • Resident welcome social • Seasonal gatherings

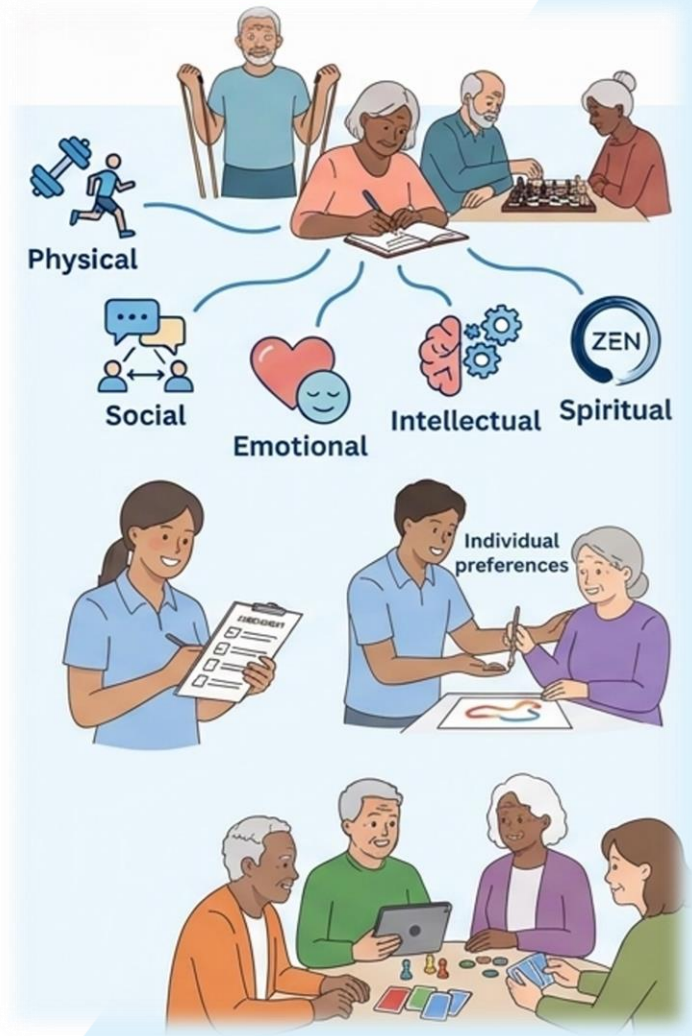


“

I love to shop, and to go out and meet people! I love to have dinner with my neighbours in my home.

Person Centered Programming

- One activity can support several domains of wellness, and each resident may experience it differently.
- Recreation professionals are trained to **look beyond the activity** and consider its overall purpose and how it can be adapted to meet individual preferences.
- This is one opportunity where residents can share their input and feedback to help staff guide this process.



Join us for a special December webinar with a live holiday concert!



Deidrey Francois: Professional Singer – Songwriter, Entertainer, Performer and Joy Bringer!

Deidrey's voice resonates love and invokes the full gamut of emotion with music that ranges from gut wrenching blues, rhythmic rock to jazzy joy.

Register today!

- December 16, 2026
- 2:00pm EST.

Next Steps/Thank You

Join us for **Part-Two: Shaping Your Activity Calendar:**

Calendar Development & Resident Input with Guest Speaker: Kayla Sparling, Director of Education & Brand Ambassador ActivityPro Inc.

- **Wednesday, January 20, 2027**
- **2:00pm EST.**



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