



Life Enrichment Activities

ESKATON®

Core Dimensions for Programming that Support Well-Being

Our seven domains of well-being provide a holistic approach to health and wellness. Our core dimensions for programming provide a foundation that supports well-being.

Our programming should always incorporate the following six (6) dimensions:

1. **Physical:** Fuel the brain and body.
2. **Social:** Foster a feeling of connectedness.
3. **Educational:** Provide opportunities to grow and learn.
4. **Emotional:** Allow space for purpose and discovery.
5. **Creative:** Provide outlets to promote voice and self-expression.
6. **Spiritual:** Connect to something greater.

Life Enrichment Standards of Success

Each resident plays a critical role in the development of programming. A well-curated calendar provides residents with opportunities for meaningful engagement and connection and meets the diverse needs of all residents. The calendar should contain the six core dimensions (physical, social, educational, emotional, spiritual and creative outlets). Schedule programs regularly to create predictability and routine. Always support each resident's right to choose which program they will participate in. All programming should integrate the well-being philosophy into their approach and support the seven domains of well-being in practice. The following standards of success are core programs that will foster a growth mindset, reinforce a sense of purpose and provide residents with an opportunity to enjoy life and have fun.

These programs must be incorporated into the 30-day calendar.

1. **Resident Socials** promote personal and professional relationships. Programs could include monthly birthday parties, seasonal holiday celebrations, social/happy hour with refreshments and a monthly reception for any new residents and their families. Resident Socials are required **to be offered weekly**.
2. **Daily Skills Programs** support the current skills and abilities of the residents and foster a sense of autonomy and independence. Some examples of Daily Skills Programs include opportunities to nurture plants and animals, discuss the daily news, do laundry, wash dishes or shop for supplies. All communities require the following resident committees: Resident Council, Life Enrichment Committee and Culinary Committee. These committees must meet once per month.
3. **Leisure Programs** offer opportunities for scheduled and self-driven enjoyment. Such programs include entertainment like table games, puzzles, game shows, radio programs and movies.
4. **Physical Programs** focus on developing and maintaining strength, balance and flexibility and involve the use of large muscle movements. Such programs include deep breathing, strengthening exercises, endurance training, balance practice, flexibility training and dancing. Guided physical programming is required to be offered **at least once daily but ideally is offered two times per day**.

5. **Lifelong Learning Programs** include educational programs for adults. Offer residents the opportunity to pursue different subjects of interest and include a variety of life management topics. For example, an educational series about health, finances and/or legal services. Other valuable Lifelong Learning Programs to offer may include language or history classes, as well as forms of creative expression such as art programs, music classes, etc. **This program must be offered at least once per week but more as requested by residents.**
6. **Engagement Areas/Stations** allow residents to meet organically in a common space to engage and socialize. Designing common spaces or engagement areas with specific intentions is critical. Encourage and support residents to utilize these spaces for social or independent time.
7. **Spiritual Programs** provide opportunities for a resident to express meaning and purpose in their life and help them connect to the moment, to themselves, to others, to nature or to the sacred. Such programs include music, devotionals, discussion, study groups, 1:1 meetings with chaplains and virtual or in-person religious services. The Life Enrichment Team is responsible for assisting in the arrangements for residents' attendance at the place of worship of their choice. This can include transportation or technology setup for virtual services. **Spiritual Programs are required to be offered at least three times each week.**
8. **Excursions** are opportunities for residents to explore and leave the community. Such programs include concerts, tours, plays, street fairs and local farmers markets. Leaving the community is an important part of remaining connected to the broader community. Remember to utilize the support of additional care partners to participate as escorts. Excursions are **required to be offered at least once per month** — the Life Enrichment Team is responsible for coordinating transportation.
9. **Community-Organized Group Programs** provide residents opportunities to engage in purposeful and meaningful activities. These opportunities include a chance for residents to participate in community outreach and support the broader community at large. Examples include intergenerational programs, volunteering at an animal shelter, advocating for aging services, participating in fundraisers, recognizing and honoring veterans, volunteering at a community event, etc. **Community-Organized Group Programs are required to be offered every quarter.**





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