

QUALITY OF LIFE EXECUTIVE GROUP

Activity and Social Services Resource Guide

For Professionals in Long Term Care

Compiled by the Quality of Life Executive Council

2/1/2010

This document contains useful websites, publications, and other materials compiled by members of this Council with input from Activity and Social Services professionals in the field. While there is an abundance of information available, this represents only those resources that are used frequently and deemed very helpful by the contributors. Please note that all web links were active as of the publication date of this document, but that links are subject to change frequently. If you find a broken link, the Council would greatly appreciate notification so that we can correct it.

Activity Resources

Websites

Activity Planning Resources/Ideas (\$=requires subscription, may have some free f features)

www.activityconnection.com \$

www.theactivitydirectorsoffice.com

www.angelfire.com/in/shoestring2/

www.senioract.com

www.brownielocks.com

www.goldencarers.com \$

www.theactivityoutlet.com \$

www.apples4theteacher.com

www.inside-mexico.com facts and information about Mexico

www.ou.org Jewish holidays and activities

<http://activityideas-ivil.tripod.com/aactivities>

www.activityresources.org

www.fundraising-ideas.org/DIY

www.on-this-day.com special occurrences and facts for each day of the year

www.thriftyfun.com

Arts & Crafts

www.craftbits.com

www.artwithoutboundries.net

www.marthastewart.com

www.familyfun.go.com

www.bhg.com/crafts

www.enchantedlearning.com

Culture Change

www.culturechangenow.com Action Pact

www.edenalt.com Eden Alternative

www.pioneernetwork.net The Pioneer Network

www.pickerinstitute.org The Picker Institute

www.ideasinstitute.org

www.nccnhr.org National Consumer Voice for Quality LTC

www.vcu.edu/vcoa/vaculture.htm Virginia Coalition for Culture Change

www.ncbcapitalimpact.org/default.aspx?id=146 The Greenhouse Project

www.coculturechange.org Colorado Culture Change

Cognitive Games

www.wisernow.com Brain Aerobics & printable brain teasers

www.didyouknow.org trivia

www.funtrivia.com trivia

www.brainwaves.com

Continuing Education (CEU's)

www.activitydirector.org
www.ceucertificates.com
www.easyceu.com
www.dannypetry.com
www.dhspecialservices.com
www.care2learn.com
www.recreativeresources.com
www.ltc-activitydirector.com

Dementia/Alzheimer's

www.doverpublications.com Adult Coloring Books
www.alzstore.com Alzheimer's products 800-752-3238
www.goodolddaysmagazine.com Good Old Days 800-829-5865
www.bifolkal.org Bi-Folkal Productions, Inc 800-568-5357
www.proactiveeldercare.com
www.thenradio.com Inexpensive downloads of "old time" radio programs

Multi-Purpose (planning, message boards, education, activities, jobs)

www.recreationtherapy.com
www.activitydirector.com \$
www.activitytherapy.com
www.recreativeresources.com \$ (some parts free)
www.makingmemories101.com
www.therapyresourcesinc.com

Party Planning

www.mninternational.com party decorations 800-479-2043
www.stumpsrom.com party decorations
www.shindigz.com party decorations
www.promnite.com décor, gifts, themes 800-328-5393

Product Sites

www.activitybasket.com bingo, games, books, reminiscing tools
www.eldersong.com Products & eNewsletter 800-397-0533
www.enasco.com senior products, fitness, crafts, games 800-558-9595
www.jingo.com themed bingo games
www.flaghouse.com seniors, developmental, fitness
www.alzstore.com Alzheimer's products
www.mycorwincalendar.com calendar design and printing
www.fitexpress.com fitness videos
www.store.myersresearch.org Alzheimer's program books (Montessori, Spaced-Retrieval)
www.geriactivesllc.com seniors
www.sharetimepictures.com photos, books, posters
www.melodylane.ca music
www.music-outreach.com music
www.activityproductsintl.com
www.createforless.com craft supplies
www.activitymaterials.com books, calendars, posters, decorations
www.seabaygame.com games, reminiscing products 800-568-0188
www.bitsandpieces.com puzzles and games 866-503-6395
www.orientaltrading.com prizes, toys, decorations 800-228-2269

www.ssw.com S&S Primelife: fitness, games, crafts 800-243-9232
www.therapuzzle.com Age-appropriate, adapted jigsaw puzzles
www.ubdrumcircles.com/products_cds.html therapeutic drumming products
www.unlockthememories.com DVD programs for reminiscing, music, travel
www.rec-therapy.com resources books, care plan cookbooks
www.bingocardcreator.com software to make your own themed bingo cards-FREE trial offered
<http://store.discovery.com> interesting and fun science and health related products

Promotional Products

www.cafepress.com/teachleisure
www.recreatiotherapystore.com
www.activitystuff.com
www.positivepromotions.com recognition weeks, promotional products

Other

www.in2l.com Adapted computer equipment
www.sitndance.ca fitness videos
www.horticulturaltherapy.info Horticulture Therapy
www.bhg.com/gardening Gardening Tips
www.nsga.com National Senior Games
<http://babelfish.yahoo.com> Translator tool
www.presto.com E-mail receiver/printer
www.history.com The History Channel: This Day in History, show line-up, games
www.gardenerssupply.com Horticulture products

Aromatherapy/Sensory/Relaxation

www.scentsiblesolutions.net essential oils, aromatherapy research
www.dreamingearth.com Aromatherapy products
www.aromaweb.com Aromatherapy products and information
www.snoezeleninfo.com Snoezelen
www.motherearthpillows.com warming aromatherapy pillows
www.sfherb.com San Francisco Herb Company

Music

www.mariachimusic.com info and music
www.therelaxationcompany.com
www.huestonmusic.com
www.baroque-music-club.com
www.rhythmicmedicine.com
www.ubdrumcircles.com
www.westmusic.com
<http://www.wtv-zone.com/cal731/index.html> music and slide shows

Magazines/Newsletters

www.creativeforecasting.net Creative Forecasting Magazine 719-633-3174
www.almanac.com
www.birdsandblooms.com

Free Coloring Pages

www.maryenglebreit.com

www.nationalgeographic.com

www.coloring.ws

www.apples4theteacher.com/coloring-pages/

www.activitymaterials.com/newday

Books/Publications

1001 Way to Reward Employees, by Bob Nelson

The Enduring Human Spirit by Charles Tindell

How to Say it at Work by Jack Griffin

The Care Plan Cookbook for Recreation and Activities by Michele Nolta

The Professional Activity Manager and Consultant Anne D'Antonia-Nocera

Essentials for the Activity Professional in Long Term Care Susan Lanza

Activities Keep Me Going and Going Mary E. Miller et al.

Therapeutic Recreation in the Nursing Home Linda Buettner and Shelley Martin

Dementia Practice Guidelines for Recreational Therapy Linda Buettner and Suzanne Fitzsimmons

Montessori Based Activities for Persons with Dementia Cameron J. Camp

A Therapy Technique for Improving Memory: Spaced Retrieval Cameron J. Camp

A Different Visit, Cameron Camp

Reading Roundtables, Myers Research Institute

The Enrichment Sensory Program Michele Nolta

Professional Organizations

The National Certification Council for Activity Professionals www.nccap.org

The National Association of Activity Professionals www.thenaap.com

The National Council for Therapeutic Recreation Certification www.nctrc.org

The American Therapeutic Recreation Association www.atra-online.com

The National Certification Council for Dementia Practitioners www.nccdp.org

Social Services Resources

Websites

Adaptive Items

www.buckandbuck.com clothing for seniors
www.silverts.com clothing for seniors
www.farabloc.com clothing for amputees
www.1800wheelchair.com wheelchair resource

Government

www.socialsecurity.gov Social Security
www.cms.hhs.gov CMS Main Site
www.medicare.gov Medicare
www.cms.hhs.gov/home/medicaid Medicaid
www.os.dhhs.gov US Dept of Health
www.ltcombudsman.org LTC Ombudsman
www.healthyagingprograms.org National Council on Aging
www.aoa.gov Administration on Aging
www.n4a.org National Association for Area Agencies on Aging

Continuing Education

www.naswwebed.org
www.care2learn.com
www.crosscountryeducation.com
www.westernschools.com

Senior Resources

www.seniordirectory.com Alzheimer's resources, doctors, local listings
www.aarp.org American Association of Retired Persons

Health Information/Resources

www.nia.nih.gov National Institute on Aging 800-222-2225
www.aad.org American Academy of Dermatology
www.cancer.org American Cancer Society
www.webmd.com WebMD

Books/Publications

www.socialworkertoday.com free e-magazine
www.socialworker.com e-magazine, networking
Schizophrenia Late in Life
The Psychosocial Care Planning Guide Michele Nolta

Professional Organizations

National Association of Social Workers www.socialworkers.org

American Board of Examiners in Clinical Social Work

The National Hospice and Palliative Care Organization www.nhpco.org

American Healthcare Association www.ahca.org

National Center for Assisted Living www.ncal.org

Healthcare Professionals in LTC www.aanac.org

Other Resources

www.friedsocialworker.com

State Departments of Health and Aging

	Department of Health	Department or Council of Aging
Alabama	www.adph.org	www.adss.state.al.us
Alaska	www.hss.state.ak.us	www.alaskaaging.org
Arizona	www.azdhs.gov	www.azgovernor.org/aging
Arkansas	www.healtharkansas.com	www.daas.ar.gov
California	www.dhs.ca.gov	www.aging.ca.gov
Colorado	www.cdph.state.co.us	www.cdhs.state.co.us/aas
Connecticut	www.ct.gov/dph	www.ct.gov/agingservices
Delaware	www.dhss.delaware.gov/dhss	www.dhss.delaware.gov/dhss/dsaapd
Florida	www.doh.state.fl.us	http://elderaffairs.state.fl.us
Georgia	http://health.state.ga.us	http://aging.dhr.georgia.gov
Hawaii	www.hawaii.gov/health	www.hawaii.gov/health/eoa
Idaho	www.healthandwelfare.idaho.gov	www.idahoaging.com
Illinois	www.idph.state.il.us	www.state.il.us/aging
Indiana	www.in.gov/isdh	www.agingindiana.net
Iowa	www.idph.state.ia.us	www.state.ia.us/elderaffairs
Kansas	www.kdkeks.gov	www.agingkansas.org
Kentucky	http://chfs.kv.gov	http://chfs.kv.gov/dail
Louisiana	www.dhh.state.la.us	http://www.dhh.louisiana.gov/offices/?ID=105
Maine	www.maine.gov/dhhs	http://maine.gov/dhhs/transformation/adrc
Maryland	www.dhmd.state.md.us	www.mdoa.state.md.us
Massachusetts	www.mass.gov/dph	www.massaging.org
Michigan	www.michigan.gov/mdch	www.michigan.gov/miseniors
Minnesota	www.health.state.mn.us	www.mnaging.org
Mississippi	www.msdh.state.ms.us	www.mdhs.state.ms.us/aas
Missouri	www.dhss.mo.gov	www.dhss.mo.gov/SeniorServices
Montana	www.dphhs.mt.gov	www.dphhs.mt.gov/sltc
Nebraska	www.hhs.state.ne.us	http://www.hhs.state.ne.us/ags/agsindex.htm
Nevada	http://health2K.state.nv.us	www.aging.state.nv.us
New Hampshire	www.dhhs.state.nh.us	www.dhhs.state.nh.us/DHHS/BEAS
New Jersey	www.state.nj.us/health	www.state.nj.us/health/senior
New Mexico	www.health.state.nm.us	www.mnaging.state.nm.us
New York	www.health.state.ny.us	www.aging.ny.gov
North Carolina	www.dhhs.state.nc.us	www.dhhs.state.nc.us/aging
North Dakota	www.ndhealth.gov	www.nd.gov/dhs/services/adultsaging
Ohio	www.odh.ohio.gov	http://aging.ohio.gov
Oklahoma	www.ok.gov/health	www.okdhs.org/divisionsoffices/visd/asd
Oregon	www.oregon.gov/DHS	www.oregon.gov/DHS/aboutdhs/structure/spd.shtml
Pennsylvania	www.health.state.pa.us	www.aging.state.pa.us
Rhode Island	www.health.state.ri.us	www.dea.state.ri.us/agingplan
South Carolina	www.scdhec.gov	www.aging.sc.gov
South Dakota	http://doh.sd.gov	http://dss.sd.gov/elderlyservices
Tennessee	http://health.tn.us	www.state.tn.us/comaging
Texas	www.dshs.state.tx.us	www.dads.state.tx.us
Utah	www.health.state.ut.us	www.hsdaas.state.ut.us
Vermont	http://healthvermont.gov	www.dad.state.vt.us
Virginia	www.vdh.state.va.us	www.vda.virginia.gov
Washington	www.doh.wa.gov	www.adsa.dshs.wa.gov
West Virginia	www.wdhr.org	www.wvseniorservices.gov
Wisconsin	http://dhs.wisconsin.gov	http://dhs.wisconsin.gov/aging
Wyoming	http://wdhfs.state.wy.us	http://wdhfs.state.wy.us/aging

About the Quality of Life Executive Council

MISSION

The mission of the Quality of Life Executive Council, an affiliate of the Nurse Executive Council, is to create a comprehensive network among professionals drawn from multi-facility organizations, to improve the quality of life and psychosocial well-being in long term care settings. The council influences industry standards, supports educational initiatives, and promotes research and advocacy.

Membership in the Council is open to organizations that own or manage at least 30 for profit or not-for-profit long term care facilities in 2 or more states. Individual members are leaders within these organizations in the areas of activities/recreation, social services, and/or dementia care, and have a significant role in establishing standards of practice and policy development.

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