Introduction

The Sunshine Terrace is a long term care facility that offers many services including restorative activities in order to promote their resident’s functional independence. I was able to intern in the recreational therapy office where we planned and carried out different activities to promote resident’s functional independence and address their physical, emotional, intellectual, social, and spiritual needs.

Responsibilities

- Charting daily activities
- Visiting with residents one on one
- Conducting preference interviews
- Gathering residents for activities
- Preparing for future activities
- Assisting in volunteer delegation and coordination
- Helping with the wellness program
- Creating a sensory stimulating environment for the memory care ward

Conclusions

- Through the recreational activities I saw a large increase of morale, independence, intellect, and friendships.
- I learned how important it is for the resident’s to be involved in the recreational therapy activities to strengthen and uplift their bodies, minds, and spirits.
- Through my internship I learned it is better to provide care for the whole being to promote health and wellness.
- I discovered new ideas and techniques on how to care and provide for residents.

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