SAMPLE LESSON / MEANINGFUL ENGAGEMENT

Selecting & Adapting Activities

Professional caregiver learning sample. Full course, credentials and enrollment are not yet available.

LEARNING OUTCOME

Choose an activity by interest and ability and adapt it after observing response.

KNOW THE PERSON, NOT A STAGE LABEL

Use personal interests, current abilities, vision, hearing, mobility and the person's mood rather than only a broad dementia stage.

START SIMPLE

Offer a one-step introduction. Show how to begin without taking over. Let the person point, talk, color, listen or simply watch.

MEASURE THE EXPERIENCE, NOT A SCORE

Look for enjoyment, attention, comfort and consent. Stop when tired or frustrated. Use factual notes only when the agency care plan requires them.

TEACH-BACK QUESTION

How could you explain the first step to a new caregiver without reading from this page?

ROLE AND SAFETY BOUNDARY

Follow the individual care plan, agency policies, and applicable state/payer rules. Seek supervisory or clinical guidance for new symptoms, pain, injury, or immediate safety concerns.

SCENARIO / PRACTICE / COMPETENCY

Selecting & Adapting Activities

Instructor or supervisor uses this sample for role play and observation.

SCENARIO

A caregiver hands a complex twelve-word search to someone who previously enjoyed puzzles. The person squints and says, "I cannot do this."

PRACTICE THE RESPONSE

1. Offer a large-print word search with two targets, or a flower picture conversation.
2. Ask whether the person wants to try, watch or stop.
3. Describe an objective observation rather than a success/failure label.

OBSERVED COMPETENCY / COACHING

- [ ] Checks interests and sensory needs
- [ ] Adapts task without pressure
- [ ] Uses respectful objective observation

INSTRUCTOR FEEDBACK

Observed strengths: _____

Practice again / next coaching step: _____