

10A NCAC 13B .1922 ACTIVITIES AND RECREATION

(a) The administrator shall designate an activities and recreation director to be in charge of activities and recreation for all patients and residents. The activities and recreation director shall have training and experience in directing recreational and group activities. The designated activities and recreation director shall be under the supervision of the administrator and shall be qualified to meet the needs of the patients and residents. A qualified individual shall be anyone eligible for a N.C. license as an occupational therapist or assistant therapist under G.S. 90-270; anyone eligible for N.C. certification as a recreation therapist or assistant therapist under G.S. 90C-9; anyone with a baccalaureate degree and one year experience; anyone who has completed an approved 36-hour or longer course in activities program management; or anyone not otherwise qualified but receiving at least four hours consultation per month from one who is qualified.

(b) The facility shall maintain and make available a listing of local resources for activities and recreation to be utilized in meeting the needs and interests of all patients and residents.

(c) Restoration to self care and resumption of normal activity shall be one of the main goals of the recreation or activity program. The scope of the activity program shall include:

- (1) social activities involving individual and group participation which are designed to promote group relationships;
- (2) recreational activities, both indoor and outdoor;
- (3) opportunity to participate in activities outside the facility;
- (4) religious programs, including the right of each patient and resident to attend the church or religious program of his choice;
- (5) creative and expressive activities;
- (6) educational activities; and
- (7) exercise.

(d) The facility shall have written policies and procedures which are available and implemented by staff that:

- (1) attempt to prevent the further mental or physical deterioration for those patients or residents who cannot realistically resume normal activities;
- (2) assure opportunities for patient involvement, both individual and group, in both planning and implementing the activity program;
- (3) provide patients or residents the opportunity for choice among a variety of activities; and
- (4) encourage participation by each patient or resident in social and recreational activities according to individual need and abilities and desires unless the patient's or resident's record contains documentation that he is unable to participate.

(e) Each patient's or resident's activity plan shall be a part of his overall plan of care and shall contain documentation of periodic assessments of the individual's activity needs and interests. A record of activities and individuals participating shall be maintained in the facility.

(f) A licensed facility shall display a monthly activities calendar which includes variety to appeal to different interest groups in the nursing care and adult care home services.

(g) A licensed facility shall provide:

- (1) Space for recreational and diversional activities. In hospitals offering new nursing home services, space shall be provided separately from the main living and dining areas; however, these areas may also be used for social activities.
- (2) Designated indoor and outdoor activity areas for independent and group needs of patients and residents, and which are:
 - (A) accessible to wheelchair and ambulatory patients; and
 - (B) of sufficient size to accommodate necessary equipment and permit unobstructed movement of wheelchair and ambulatory patients or personnel responsible for instruction and supervision.
- (3) Adequate space to store equipment and supplies without blocking exists or otherwise threatening the health and safety of patients and residents.

(h) There shall be equipment and supplies sufficient to carry out planned programs for both individual and group activities.

*History Note: Authority G.S. 131E-79; 42 U.S.C. 1396 r (a);
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Amended Eff. March 1, 1990;*

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