

Small Groups

Benefits of Group Programs



Group programs offer residents opportunities to engage with peers in supported settings, be involved in recreation activities, benefit from social interaction, and decrease feelings of isolation. The following tips for small group programs can help to create a safe social experience that offer an antidote to loneliness during times of outbreak.



Small Group Program Preparations



- Ensure physical distancing, cohorting, and reduced group size is maintained in outbreak situations. Depending on the activity, standard physical distancing may not be enough (e.g. physical activity requires more space due to increased rate and volume of respiration).
- Ensure proper use of appropriate protective supplies, such as face masks, as tolerated, hand sanitizer, and disinfectant wipes.
- Have enough equipment to minimize sharing during a program and select equipment that can easily be disinfected between each use.
- Consider using a volume amplifying device (e.g. microphone, speaker, Pocket Talker) to support residents with hearing loss.

Creative Small Group Program Ideas



- Engage residents in isolation areas using mobile hallway programs:
 - Wipeable white boards for trivia, Hangman, word games
 - Bingo, travelling music system, iPads for games, mobile TV
- Facilitate discussions on current events, art classes and creative art exhibits, book club, and seasonal or holiday celebrations using special event mobile carts.

