

WHAT IS IT?

A MOMENT IN TIME is a homebased activity program equipping caregivers to engage in fun and meaningful ideas with their clients.

WHY DO IT?

Stimulating activities can enhance the client's life by enlivening their spirits and bringing them joy while at the same time lessen possible anxiety and agitation. Our activities aim to:

- Foster emotional connections with others
- Stir memories and help you reminisce
 - Improve cognitive skills
- Improve fine and gross motor skills
 - Connect with your Maker
 - Encourage self-expression
 - Help you feel productive
 - Simply have fun!

HOW DOES IT WORK?

1. Go to our company website at www.alwaysanangelhomecare.com.
2. Click FREE NEW PROGRAM – A MOMENT IN TIME to access the menu.
3. Choose Activity Calendars and select the current month for weekly activities.

From the menu you can also browse MIND, BODY AND SOUL to supplement the weekly activities as well as EVEN MORE ACTIVITIES to find 21 more fun and meaningful ideas.

Some activities are one-time-only, others are seasonal, but most can be done over and over again.

Check out the full list on the next page and check off your interests!

FREQUENTLY ASKED QUESTIONS

Is A MOMENT IN TIME appropriate for the client?

Yes, each activity can be tailored to meet each client's interests, cognitive skills, and physical abilities. Each caregiver should take the lead from encouraging their client to participate, identifying their interests, and trying new things. While the ideas are quick, simple, and doable, not all of the activities will work for each client. Some folks love arts and crafts, others not so much. But we like to think there is something for everyone!

Skim the activities including links on the Activity Calendar and explore together what intrigues you. Caregivers may know their clients better than anyone. They will know how to make this happen and how to modify to meet their client's abilities.

Find your client's sweet spot – not too easy but at the same time, not too difficult. Don't look at outcomes, achievements or how well something is done. The goal is for the client to be engaged and have more enjoyment in life. Please consider each client's dietary restrictions for suggested recipes.

What do you mean by Color of the Week?

Say for instance, this week is RED. Both the client and caregiver should follow the color theme throughout the week in as many ways as possible. Wear something RED. Draw something RED. Make a meal that includes something RED. Look for items in the house that are RED. Take a walk and look for something RED – RED flowers, RED cars, etc.

Who pays for the supplies for the Arts & Crafts and Recipes?

Each monthly activity packet will include the crafts you need for the month. We do ask that all families provide their own crayons, colored pencils, paints, glue, three-hole puncher, and construction paper. Any food items for the recipes will be highlighted in purple for your individual purchase.

What about the Adventures?

Caregivers will deem outings appropriate for their clients based on their client's mobility and weather permitting. Caregivers will prudently choose activities that are ideally free or at a minimal cost. Should there be a cost associated with an outing, clients are responsible for the cost of the caregiver's participation.

How do we have access to the program?

You can access the program on our company website. Ideally, use the client's desktop computer or iPad for a bigger screen and better viewing. When not available, we ask caregivers to use their cell phones only if they are comfortable doing so and have unlimited data. You may need to request your client's Wi-Fi password for Internet access.




A MOMENT IN TIME:

LET'S LEARN, LAUGH, PLAY AND PRAY!™




**A
homebased
activity
program
equipping
caregivers
to engage
in fun and
meaningful
ideas with
their clients**


CHECK OFF YOUR INTERESTS

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MIND
20 or so brain games including FREE links online

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BODY
Chair exercises and chair yoga dance...this last one is a fav!

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SOUL
Start your day looking up and see what a difference it makes

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100 QUESTIONS
Long-term questions about chapters of your life creating a beautiful family memoir

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ALL ABOUT ME!
More long-term memory fun activities

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ART 101
Links to easy, creative, doable art projects

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BIBLE STORIES
Remembering godly stories from your youth at Sunday School and Vacation Bible School with accompanied crafts

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COLORING
Stimulating and exciting coloring sessions

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COUNT YOUR BLESSINGS
Recall and journal what you are thankful for

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FOR MEN ONLY
“He-man” failure-free tasks for real men

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GAMES GALORE
Games from years back tailored to your individual skill level today

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HOUSEHOLD CHORES
Let’s work together and get the job done!

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CHECK OFF YOUR INTERESTS

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IT’S YOUR PARTY
Five fun-themed parties like high tea, campout, and luau

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JUST BREATHE
Themed music videos from classical, jazz, nature, sleep, seasonal, holiday and religious

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KNIT HAPPENS
Easy-to-follow instructions how to knit and crochet

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LET IT SNOW
Make a snowman and more.. yes, indoors!

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MEMORY LANE - 1950s
Stroll down memory lane and revisit after school activities, appliances, candy, cars, entertainment, fashion, food and slang along with fun, interactive activities.

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ON THE ROAD AGAIN
Car games from your childhood

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READING
Help finding the “right” reading material for all cognitive skill levels

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SENSORY THERAPY
Activities to keep your hands busy reducing anxiety and stress

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SING-ALONGS AND MORE
Lyrics to traditional American folk songs; vintage TV clips; fav artists’ albums and making homemade musical instruments

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THE GREAT OUTDOORS
Free or low-cost, local suggested outings

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VIRTUAL VISITS
Links to museums tours, art classes, Broadway shows, trips and excursions and zoos with live animal cams!

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WANNA BE A WISE GUY
Learn from the wisest guy who ever lived and play challenging word games

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