

# Creating a New Home Routine

## 11 Tips for DD Residential Providers During Stay at Home Orders



**CHD** | CENTER ON HUMAN DEVELOPMENT  
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University of Oregon Center for  
Excellence in Developmental Disabilities

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## 11 Tips for Residential Providers During Stay at Home Orders

### 1. Re-create community activities

Set up a nail salon. Serve favorite restaurant meals. Go bowling in the living room with soda bottles and a beach ball. Hold a BINGO night. Use Google Earth to "visit" favorite places. It can help to see that everyone else is staying home too but that your special place will still be there when we can go back.



### 2. Freeze and play

Give each person the power to, once a day, stop everyone in their tracks and call a group dance party or Disney sing-along.

### 3. Hold a Daily Challenge

Make a decorative bulletin board space for this purpose. Hide a stuffed animal around the house in a new spot each day. Post a clue to its location. Post a "secret word of the day" and sneak it into conversation later in the day. Whoever wins gets a prize or privilege like choosing the dance party song.



### 4. Connect with friends, family, activities staff

Virtual interaction fatigue is real. Instead of phone or video chatting, record a video to send to people who are missed or ask them to make one to send your way. Send and request greeting cards.

## 5. Create stations

Divide the house into corners, tables, and other designated spaces where activities can stay put: a puzzle table, a space with art supplies, a sensory tray with scented cotton balls in jars or kinetic sand.



## 6. Privacy in the common spaces

You can use pop-up “tents” that fit over easy chairs or make a homemade “fort” or hang a sheet. Look for ways to create private spaces where people can be a bit on their own without being alone in their room.

## 7. Invest in entertainment

Now’s the time to look for new entertainment options such as TV channels or audiobooks. Many apps and websites are offering their services for free. Local libraries are extending their service areas and offer movies, audiobooks and ebooks. You might even find a secondhand keyboard to purchase online with headphones.



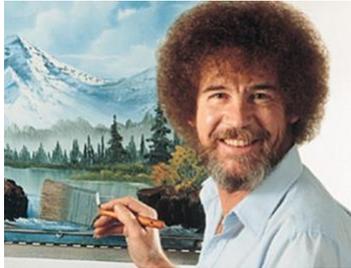
## 8. Schedule one-on-one time

With decreased staff and so many demands, this is a challenge. But spending even 15 minutes of your undivided attention on one resident at a time doing a preferred activity can turn a hard day around (or prevent one).

## 9. Get outside

Go on a walk around the block, have a picnic in the backyard, have a Barbeque, start a garden patch. Bring the outdoors in by starting an herb box.





## 10. Use the Internet

Residents may not have the attention to follow along with a YouTube tutorial, but you can follow the video while leading the group in a craft or workout and adapt it to their needs. Preview it the night before to make sure everything runs smoothly so you can keep residents' attention and prevent frustration. One option: Look for a 5-minute chair yoga class.

## 11. Group check-in

Feelings will come out naturally and unbidden. You can send a positive message that it is normal to experience "big feelings" by intentionally setting aside time for sharing each day. At a mealtime, go around the table and give each person a chance to respond to the same question or prompt. Anyone can pass. Pick one topic or make up your own:

- What's one thing you miss doing in the community?
- What's one thing you're looking forward to tomorrow?
- What's one thing you did to help someone today?
- What's one thing you want the group to know?
- What's one feeling you have about this stay-at-home situation?
- Give a compliment to someone else.
- Share a silly word.
- Make a funny face.
- Name a person you miss seeing.
- What's one thing you're grateful for?



*Thank you so much for the work you do and the love you give!*