Senior Group Session Planning Format

Senior Facility:

Project Title:

Season/Date of Session:

Population: Independent seniors to early stages dementia in senior facilities

Session Time: 45-60 minutes

Group Goals:

1. Physical: ROM, fine motor coordination
2. Cognitive: recall, follow demonstrated steps
3. Social: increase interaction, eye contact
4. Psychological: make choices, share preferences and experiences, demonstrate positive affect

Brief Description of the Session:
Opening:

Project:

Closing:

Therapist Preparation Steps:
Supplies needed-list:

Other preparations:
No handouts.

Precautions:

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TA Client Steps (task analysis---list the steps the client will perform-start with action verbs):

1. Say name
2. Watch and discuss steps in demo
3.
4.
5.
6.
7.
8.
9.
10.

Fun Facts related to your topic (to start conversation or game activity, limit 5)

1.
2.
3.
4.
5.

Adaptations:

What are adaptations and strategies that you will have available to assist clients?

Plant Material (list plant material names):

Supply Costs:

List all supplies and costs:

Cost per Client:

Evaluation (handwrite after each session)

What worked?

1.

2.

What to change?

1.

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