



GPS

Group: Possible Solutions



Navigating Group Therapy



 **Reliant**
Rehabilitation™

To ensure arrival at your destination, use any of the following navigational tools:

- Lead a group discussion about various music genres (i.e., country, folk, jazz, blues, classical, or swing).
- Identify song titles/artists. Encourage patients to share relevant memories.
- Host a sing along. Print words to songs for patients to follow or sing karaoke.
- Play instruments. Ask staff and/or family to bring different instruments.
- Dance - standing or in W/C. Patients may choreograph a group dance and perform for staff or teach others their favorite dance technique. Utilize different dance styles (i.e., square dance, tango, lindy hop, jitter bug, or jive).
- Host contests such as a “dance off.”
- Patients make handkerchiefs and perform a line dance. Patients then walk in a line while waving their handkerchief in the air to the beat of the music.

Landmarks and Attractions:

High energy group focused on these major attractions:

- Pragmatic/social Interaction
- Fine/gross motor coordination
- Dynamic balance
- Sequencing
- Motor planning
- Vestibular
- Voicing/sound production
- Rhythm
- Agility



To ensure arrival at your destination,
use any of the following navigational tools:

- Play old music from different decades to evoke memories from that era.
- Reminisce by using newspapers, magazines, greeting cards, and famous photos.
- Guide conversations to recall events, locations, and routines of yesteryear.
- Engage in Charades, Pictionary, or other games that use words or questions to evoke memories.
- For example, write statements on Jenga blocks such as “First date” or “First vacation”. As the patients pull the blocks, encourage them to share their memories about the topic.
- Encourage family/friends to provide personal photos and mementoes.
 - Make personal scrapbooks or memory books.
 - Dress in favorite/popular styles from the past. Patients may recreate a look from an old picture.



Landmarks and Attractions:

Embarking on a reminiscent journey while engaging residual abilities.

- Written comprehension
- Visual motor/perceptual skills
- ROM
- Eye-Hand coordination
- Gross motor coordination
- Cognitive stimulation
- Reminiscence therapy
- Eliciting muscle memory response
- Dexterity

To ensure arrival at your destination,
use any of the following navigational tools:

- Identify household items via catalogs, websites, magazines, etc. Consider making a picture board of items patients have in their homes.
- Simulate safe obstacle navigation within the home environment (walking or W/C).
- Hang clothes on a line with clothespins.
- Fold, organize and/or store clothes.
- Make a grocery and cleaning supply list.
- Simulate use of items.
- Write checks to pay for items/bills.
- Address envelopes.
- Read and interpret invoices.
- Identify home safety issues.
- Problem solve to correct safety issues.
- Complete "honey do" list (i.e., changing a light bulb).



Landmarks and Attractions:

High level group focused on safely and independently returning home.

- Home scenario problem solving
- Home management/IADL's
- Transfer training to various surfaces
- Money/medication management
- Executive functioning
- Obstacle negotiation with gait
- Sequencing
- Safety awareness
- Stair training

Route Planner to *Vacation* Anywhere, Global

To ensure arrival at your destination,
use any of the following navigational tools:

- Initiate discussions about vacations and destinations. For example: Where have you vacationed? Where is your dream vacation?
- Utilize travel books, brochures, maps, or slides for vacation “planning”.
- Ask questions related to places, routes, deterrents etc.
- Create a to-do list or a packing list in “preparation” for vacation.
- Pack a suitcase.
- Simulate transfers on/off the bus or in/out of a car.
- Practice maneuvering in crowded places (w/c or standing).

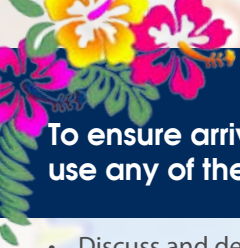


Landmarks and Attractions:

Take flight on a journey around the world while addressing these core components:

- Organization
- Written expression/word finding
- Pragmatic/social interaction
- Sequencing
- Transfer training
- Dynamic balance training
- Car transfers
- Reaching outside BOS
- Safety awareness





Route Planner to

Waikiki Beach

Honolulu, HI

To ensure arrival at your destination, use any of the following navigational tools:

- Discuss and describe a beach vacation.
- Make a list of all the supplies needed to go on a beach vacation.
- Make Hawaiian shirts. Patients may practice donning and doffing them.
- Identify songs/musicians for beach themed music, and host a sing along.
- Make Hawaiian leis with crepe paper or colored tissue paper.
- Host a Luau. Patients may dress in their beach attire, listen to beach music, and play limbo (standing or w/c level), or have a hula dance.
- Play beach volleyball (using large plastic beach balls), bean bag toss, or throwing shells into buckets.
- Use large beach towels to play “parachute” games. Patients hold the ends of the towel, place a beach ball in the middle and bounce the ball on the towel.

Landmarks and Attractions:

Have a little fun in the sun while embarking on the following main attractions:

- | | | |
|-------------------------|---------------------------------|----------------------|
| • Cognitive stimulation | • Attention | • Following commands |
| • ADL functioning | • Fine/gross motor coordination | • ROM |
| • Dynamic balance | • Gait on compliant surfaces | • Strengthening |



Route Planner to

Wrigley Field

Chicago, IL

To ensure arrival at your destination, use any of the following navigational tools:

- Provide equipment for the sports theme of choice (i.e., ping pong balls and table net, bowling pins and plastic ball, badminton/tennis racquets and balls, croquet mallets, golf clubs, whiffle ball and bat, football, soccer ball, etc.)
- Simulate use of equipment.
- Form teams and play the game.
- Incorporate score keeping into games.
- Use tournament brackets - have the patients make and keep track of them.
- Utilize "announcers" to describe the game.
- Reminisce about famous players, moments, and nail biting extra-innings.
- Make marathon number tags and have each patient walk/wheel their longest distance.



Landmarks and Attractions:

Fun and kinetic group that incorporates team work to reach the destination.

- List management (i.e. score keeping)
- UE functioning
- Neuromuscular re-education
- Gait Training
- Reminiscence
- Eye- hand coordination
- Speech intelligibility
- Motor planning
- Activity Tolerance

Route Planner to *Unknown*

To ensure arrival at your destination, use any of the following navigational tools:



- Plan a “scavenger hunt” indoors or outdoors over various terrains.
- Pair patients for safety (either patient to patient or staff to patient).
- Hand out reachers and place items in various upper/lower level planes to encourage reaching outside base of support.
- Create a treasure map, providing clues or navigation instructions to locate items, land marks and/or to reach designated location. For example: “Take 10 steps then turn left down Magnolia Hall...”; “Locate all the pumpkins in the facility”; “Gather 2 pine cones, 3 leaves, and 1 flower.” Include facility staff. (What’s the favorite candy of facility staff? How many staff members have pets? Find 3 nurses with blue on today.)

Landmarks and Attractions:

Embark on a journey around the facility while targeting these main attractions:

- Comprehension
- IADLs – retrieving/carrying items
- Wheelchair mobility
- Initiation
- Dynamic balance training
- Safety education
- Attention to task
- Functional reaching/ROM
- LE strengthening

Route Planner to

The World's Fair

New Orleans, LA

To ensure arrival at your destination,
use any of the following navigational tools:

- Discuss and describe different carnivals/fairs held around the world.
- Reminisce about carnivals/fairs attended.
- Make carnival masks.
- Play simulated carnival/fair games (bean bag toss, fishing game, ring toss, bowling, balloon darts, golf using a cane, guess how many items in a bottle, etc.)
- Make carnival/fair foods (popcorn, cotton candy, candied apples, hot dogs etc.)
- Involve patients in planning and hosting a facility carnival/fair.
- Sort and package prizes, beads, and trinkets.
- Have a parade.
- Count money needed to play carnival/fair games.
- Make a photo booth using carnival/fair props.



Landmarks and Attractions:

Amusing and fun group with focus on the following core components:

- Automatic speech (i.e. salutations during the parade)
- Organization
 - Socialization
 - Language processing
- Dynamic balance
 - Money management
 - Visual motor/perceptual skills
- Hand-eye coordination
 - Gait training

Route Planner to

Lake Michigan

Milwaukee, MI

To ensure arrival at your destination, use any of the following navigational tools:

- Discuss various bodies of water for fishing and types of aquatic life found in each.
- Reminisce about favorite fishing experiences.
- Create fish, tackle, and/or poles as a craft project.
- Engage patients in demonstrations of proper tackle preparation (organizing etc.)
- Create a simulated fishing experience using paper fish with magnets or Velcro.
- Cast and release rod and reel into a cooler. Provide prizes.
- Plan a fishing trip for higher level patients.

Landmarks and Attractions:

Relax and reminisce while embarking on this group journey:

- Cognitive stimulation
- Motor planning
- Gross motor coordination
- Categorical/divergent naming
- ROM/strengthening
- Trunk strengthening
- Sequencing
- Static/dynamic balance training
- Limits of stability



To ensure arrival at your destination,
use any of the following navigational tools:

- Lead a discussion about famous shopping places (5th Avenue, Rodeo Drive, etc.)
- Reminisce about favorite shopping places or fun shopping trips.
- “Shop” in magazines and cut out pictures for a collage or personal style board.
- Create a boutique experience within the facility.
 - Provide Monopoly money and plastic coins so patients can “pay” for items.
 - Establish a budget and count money needed for purchases.
 - Provide shopping bags with handles and have patients collect items to buy.
 - Provide shopping lists with directions to locate certain items.
 - Patients may put a price tag on clothing items and simulate a store/garage sale.

Landmarks and Attractions:

Create a virtual shopping experience focusing on these components:

- Conversational exchange
- IADL functioning
- Dynamic balance
- Picture identification
- Executive functioning
- Gait training
- Written comprehension
- Money management
- W/c mobility




Route Planner to

Le Cordon Blue

Paris, France

To ensure arrival at your destination,
use any of the following navigational tools:

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- Reminisce about mealtime memories, favorite meals, or favorite recipes.
 - Create a therapy cookbook and have patients contribute their favorite recipe.
 - Perform a cooking activity, have the patients select recipes and create shopping lists.
 - Guide patients through the cooking process for selected recipes. Print out recipes in large print for patients to follow.
 - Incorporate making non-bake items (i.e., trail mix, sandwiches, smoothies, pudding etc.)
 - Discuss kitchen safety.
 - For higher level patients, schedule a shopping trip in which patients participate in meal selection. Ask patients to create shopping lists, and plan the trip. Include patients in budgeting, shopping for items, and gathering required cooking supplies.
 - Ensure patients have time to enjoy the items they cooked. Ensure diet restrictions are followed.

Landmarks and Attractions:

Bonjour. Embark on a fine dining experience together incorporating the following selections:

- Attention to task
- Sequencing
- Gait training
- Safety awareness/fall prevention
- Reasoning/problem solving
- Home management functioning
- Swallowing strategies
- Dynamic balance
- Activity tolerance



Route Planner to

The Botanical Gardens

Washington, D.C.

To ensure arrival at your destination, use any of the following navigational tools:

- Build a raised garden – this activity combines woodworking skills with gardening. This will bring months and years of satisfaction to your facility.
- Utilize seed catalogs and choose plants that bloom for the current season.
- Depending on the plant selected and its purpose (i.e., window plant, vegetable garden, fresh cut bouquet), consider climate and appropriate level of care (indoor vs outdoor).
- Create an edible garden of fresh herbs (i.e., dill, basil, cilantro, parsley, mint, thyme, oregano, chives).
- Make a big calendar or to-do list with the plan for the garden. (i.e., when to water, harvest, etc.)
- Sequence the steps from gathering the proper garden tools to personal clean up following the task.

Landmarks and Attractions:

Get your green thumbs ready for this adventure by “digging” into these skills:

- Task organization
- Auditory processing
- Reasoning/problem solving
- Fine/gross motor coordination
- IADL functioning
- Activity tolerance
- Motor planning
- Community ambulation
- LE strengthening



Route Planner to

Breakfast at Tiffany's

New York, NY

To ensure arrival at your destination, use any of the following navigational tools:

- Recreate the social setting for a family style meal or a night out on the town.
- Review dining etiquette.
- Read menus and discuss ordering.
- Discuss healthy food choices.
- Patients may set a table including: table cloth, napkins, chair placement, plates, cups, utensils, and decorations.
- Reminisce about favorite dining experiences.
- Discuss and list foods by culture.

Landmarks and Attractions:

Table for 4, Please! Make a reservation for this members-only dining experience addressing the following components:

- Insight into deficits
- Socialization/Social Conduct
- Transfer training
- Verbal expression
- ADL/Self Feeding
- Obstacle negotiation
- Swallowing strategies
- Sequencing
- Postural control/alignment



Route Planner to

Chicago Tribune

Chicago, IL

To ensure arrival at your destination,
use any of the following navigational tools:



- Create a newsstand kiosk offering various current magazines and newspapers.
- Guide conversations through headlines, articles of interest, or weather forecasts.
- Start a current events or community news board that can be referenced throughout the week.
- Review basic orientation information (day/year, weather/season), and ask patients to summarize information.
- Encourage an internet news group discussion, if the patients have smart phones. (Have them find articles of interest on news sites, weather sites, etc.)



Landmarks and Attractions:

Hot off the press! Get "in the know" and challenge residents in the following areas:

- Reading comprehension
- Verbal expression
- Voicing/sound production
- Visual motor/perceptual skills
- Postural control/alignment
- Attention to task
- ROM
- Gross motor coordination
- Motor planning

Route Planner to

Santa's Workshop

North Pole

To ensure arrival at your destination,
use any of the following navigational tools:

- Make a list of things needed to decorate the rehab gym for Christmas.
- Decorate a Christmas tree. Unpack ornaments and garland, add hooks, straighten the tree branches, etc.
- Make popcorn garland or paper chains.
- Decorate Christmas cookies or make Christmas treats.
- Have patients write their favorite holiday recipes and make a Christmas cookbook.
- Invite grandchildren or family members to make Gingerbread houses.
- Make paper snowflakes or decorate pinecones.
- Reminisce about Christmas traditions.
- Name and sing Christmas Carols.
- Wrap Christmas presents. Staff may bring in presents to be wrapped.
- Write Christmas cards to family members and friends.

Landmarks and Attractions:

Ho Ho Ho! Stay on the nice list by fostering these skills.

- | | | |
|---------------------------------|------------------------|---------------------|
| • Reminiscence therapy | • Sequencing | • Verbal expression |
| • Fine/gross motor coordination | • Psychosocial skills | • UE functioning |
| • Dynamic balance | • Obstacle negotiation | • W/C mobility |



To ensure arrival at your destination,
use any of the following navigational tools:



- Recall American History / Independence Day.
- Make American flags.
- Host an Uncle Sam hat competition. Each patient makes a themed hat.
- Decorate treats in red/white/blue.
- Blow up red/white/blue balloons to decorate with or play balloon volleyball.
- Plan a barbeque. Ask the patients to list supplies needed. Plan music and decorations, etc.
- Have a patriotic sing-a-long. Play a karaoke soundtrack from your computer or mobile device. For example: "America the Beautiful", "My Country Tis of Thee", "This Land is Your Land", or "Yankee Doodle Boy".

Landmarks and Attractions:

Promote patriotism and pride while challenging residents in the following areas:

- Verbal expression
- Sequencing
- Diaphragm and intercostal muscle strengthening
- Delayed recall
- Motor planning
- Balance training
- Voicing/sound production
- Fine motor coordination
- Activity tolerance



To ensure arrival at your destination, use any of the following navigational tools:

- Recall historic events regarding Thanksgiving Day.
- Patients may make a “thankful jar” to input notes of things for which they are thankful.
- Decorate leaves and/or pinecones. (High level patients may go outside to gather these.)
- Write down favorite Thanksgiving recipes and discuss traditions.
- Play Thanksgiving themed games (i.e., bucket toss using pinecones, pin the feather on the turkey, etc.)
- Write a thank you card to someone for whom you are thankful.
- Make Thanksgiving crafts that can be used as centerpieces on the dining room tables for Thanksgiving Day.



Landmarks and Attractions:

Being thankful is a verb, so let's get our residents involved (physically and mentally) in the following areas:

- | | | |
|---------------------------|-------------------------|------------------------------------|
| • Written expression | • Pragmatic interaction | • Cognitive stimulation |
| • Fine motor coordination | • Eye-hand coordination | • Sitting balance/postural control |
| • Community ambulation | • Motor planning | • W/C mobility |

Route Planner to

The Pentagon

Washington, D.C.

To ensure arrival at your destination,
use any of the following navigational tools:

- Recall American History/Veterans Day facts.
- Make and send cards to wounded veterans.
- Make care packages to send to military families. Patients may make list of supplies needed, research families in need, and organize activity.
- Make patriotic tie-dyed shirts for patients to wear on Veterans Day.
- Decorate patriotic treats.
- Make flags to hang around the facility using various materials and have patients hang them.
- Host a patriotic word search competition. Patients may compete for best time.



Landmarks and Attractions:

Let's honor those who gave it all. Encourage residents to participate in Veterans Day activities while promoting:

- Written expression
- Sequencing
- Attention
- ADL functioning/dressing
- Fine motor coordination
- UE functioning
- Activity tolerance
- Postural control/alignment
- Motor planning



Route Planner to

The Metropolitan Museum of Art

New York, NY

To ensure arrival at your destination,
use any of the following navigational tools:

- Make a paper quilt. Each patient may be responsible for four squares then connect them all together.
- Finger paint.
- Paint picture of choice. Listen to music while painting.
- Create self or family portraits. The patients may frame them using decorated popsicle sticks.
- Make a collaborative abstract painting on a table length piece of paper.
- Make a Post-It note mural. Use multiple colors and color coordinate or make a specific design.
- Make tin foil sculptures.
- Make a tissue paper collage.
- Make hand painted rocks. May give to favorite staff members or family.

Landmarks and Attractions:

Get your residents' creativity flowing and address the following components simultaneously:

- Comprehension
- ROM/UE functioning
- Balance
- Recognition strategies
- Fine motor coordination
- Activity tolerance
- Attention
- Grip strengthening
- Strengthening



Route Planner to

Continental
Reliant Rehab Facilities, USA

To ensure arrival at your destination,
use any of the following navigational tools.

These fun group activities were provided by Reliant's therapist Nationwide.

- Dominoes tournament with multiple sets of dominoes: Patients sit to stand multiple times each time they play their turn and remain in standing while they count points earned. **Chickasha, OK**
- "Cup Stacking" game: The aim of this game is to make pyramids out of cups as quickly and neatly as possible, while being timed. Use different sized cups depending on complexity level. **Luling, LA**
- "Home Exercise Program" group with patients preparing for discharge: Patients develop the program, write the steps, and check off return demonstration. **Maryville, TN**
- "Discharge Planning" group with patients preparing for discharge: Put together a packet of information on home safety, home exercises, and community information or resources that could be useful. Patients assist in making the packets and reviewing the information. **Southerland, IA**
- Proper Table Setting: Patients assist in setting dinnerware for breakfast, lunch, or dinner in the dining room. **Waxahachie, TX**
- Play a game of Simon Says. Patients take turns being the leader. The game can be modified to high or low levels. **Brownfield, TX**

continued

Continental continued

- Omelet Station: This group requires close supervision. Each patient should write their name with a sharpie marker on a freezer Ziploc bag. Then crack an egg and place it in the bag. The patients may chop up other ingredients they would like to include and place in the bag. Then seal the bag and shake to “scramble” the egg. Fill a large pot with water and place on the stove. When it starts to boil, each of the patients walk (if able) and place their bag in the boiling water, using tongs. The cook time is approximately 5 minutes. Then using tongs, the patients remove their bag and place on a plate to cool. The bag can then be carefully opened and the contents should pour out easily in the shape of an omelet. **Independence, MO**
- Wrapping gifts for birthdays or holidays: The facility staff bring any items that need to be wrapped to the therapy room. The patients then wrap the gifts and may also assist in making themed cards for the gifts. **Shenandoah, PA**
- “The Price is Right” game: Choose a year and print from the internet a list of how much items cost in that year (i.e., loaf of bread, half gallon of milk, gallon of gas, etc.) The patients sit in a circle or may be divided into groups to make it a fun team guessing game. Instead they may write answers to turn into the “host”. **Independence, MO**
- Sensory stimulation groups such as “Guess That Scent”: Pass around cotton balls of essential oils/fragrances, small containers of spices etc. to evoke memories and stimulate the senses. Ask patients to “guess that scent” then encourage them to share memories surrounding each scent identified. **Houston, TX**

Continental continued

- Make paper planes following instructions (print from internet). Host different races to see which plane flies furthest, flies fastest, makes the most loops in the air, has the best hang time, etc. **New Orleans, LA**
- Homemade Ice-cream in a Bag: Patients measure and pour the following ingredients into a quart-sized Ziploc bag: 1 cup half and half, 2 Tablespoons of sugar, and ½ teaspoon of vanilla. Carefully seal the bag. Fill a gallon-sized Ziploc bag halfway full of ice cubes. Pour ½ cup rock salt over the ice. Insert the small Ziploc into the larger Ziploc and seal tightly. Patients then shake their bags or roll bags on the counter for 5-10 minutes until desired consistency is reached. Add any favorite mixings or fruit. Enjoy! **Pasadena, TX**
- Supersized crossword puzzles: Use a photocopier to enlarge a crossword puzzle. Pin the large puzzle to the wall. Patients complete as a group. **Luling, LA**
- Bean bag twister: Use the game twister. Set out the mat and have patients divide into two groups. Put a value on each color/circle. Patients toss the bean bag onto the circles. Add up points for a winning team. **Las Vegas, NV**
- Pick up sticks: This activity can be played using sticks from outside, popsicle sticks, pipe cleaner, or sticks from the actual game. Pick a stick, remove the stick, try to collect as many as possible, BUT, don't move another stick! Turn ends if there is movement of another stick. Whoever has the most sticks at the end wins! **Pensacola, FL**



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