

1 10A NCAC 13G .0905 is readopted with changes as published in 36:18 NCR 1487-1495 as follows:

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3 **10A NCAC 13G .0905 ACTIVITIES PROGRAM**

4 (a) Each family care home shall develop a program of activities designed to promote the residents' active involvement  
5 with each other, their families, and the community.

6 (b) The program shall be designed to promote active involvement by all residents but is not to require any individual  
7 to participate in any activity against his or her will. If there is a question about a resident's ability to participate in an  
8 activity, the resident's physician shall be consulted to obtain a statement regarding the resident's capabilities.

9 (c) The activity ~~director, as required in Rule .0404 of this Subchapter,~~ director shall:

10 (1) use information on the residents' interests and capabilities as documented upon admission and  
11 updated as needed to arrange for or provide planned individual and group activities for the residents,  
12 taking into account the varied interests, ~~capabilities~~ capabilities, and possible cultural differences of  
13 the residents;

14 (2) prepare a monthly calendar of planned group activities which shall be easily readable with large  
15 print, [to residents within the community,] in a format that is legible and shall be posted in a  
16 ~~prominent~~ accessible to residents location by the first day of each month, and updated when there  
17 are any changes;

18 (3) involve community resources, such as recreational, volunteer, ~~religious, aging and developmentally~~  
19 ~~disabled associated agencies,~~ and religious organizations, to enhance the activities available to  
20 residents;

21 (4) evaluate and document the overall effectiveness of the activities program at least every six months  
22 with input from the residents to determine what have been the most valued activities and to elicit  
23 suggestions of ways to enhance the program;

24 (5) encourage residents to participate in activities; and

25 (6) assure there are ~~adequate supplies,~~ supplies necessary for planned activities, ~~supervision~~  
26 supervision, and assistance to enable each resident to participate. Aides and other facility staff may  
27 be used to assist with activities.

28 (d) There shall be a minimum of at least 14 hours of a variety of planned group activities per week that include  
29 activities that promote socialization, physical interaction, group accomplishment, creative expression, increased  
30 ~~knowledge~~ knowledge, and learning of new skills. ~~Homes that care exclusively for residents with HIV disease are~~  
31 ~~exempt from this requirement as long as the facility can demonstrate planning for each resident's involvement in a~~  
32 ~~variety of activities. Examples of group activities are group singing, dancing, games, exercise classes, seasonal parties,~~  
33 ~~discussion groups, drama, resident council meetings, book reviews, music appreciation, review of current events and~~  
34 ~~spelling bees.~~

35 (e) Residents shall have the opportunity to participate in activities involving one to one interaction and activity by  
36 oneself that promote enjoyment, a sense of accomplishment, increased knowledge, learning of new skills, and creative

1 expression. ~~Examples of these activities are crafts, painting, reading, creative writing, buddy walks, card playing, and~~  
2 ~~nature walks.~~

3 (f) Each resident shall have the opportunity to participate in at least one outing every other month. Residents interested  
4 in being involved in the community more frequently shall be encouraged to do so.

5 (g) ~~Each resident~~ Residents shall have the opportunity to participate in ~~meaningful work type and~~ volunteer service  
6 activities in the home facility or in the ~~community, but participation shall be on an entirely voluntary basis, never~~  
7 ~~forced upon residents and not assigned in place of staff.~~ community. Participation in volunteer activities shall not be  
8 required of residents and shall not involve any duties or responsibilities that are [typically performed by] outlined in  
9 the job descriptions of facility staff.

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11 *History Note: Authority G.S. 131D-2.16; ~~143B-165~~; 131D-4.1; 131D-4.3;*

12 *Eff. January 1, 1977;*

13 *Readopted Eff. October 31, 1977;*

14 *Amended Eff. August 3, 1992; April 1, 1987; April 1, 1984;*

15 *Temporary Amendment Eff. July 1, 2004;*

16 *Amended Eff. July 1, ~~2005~~; 2005;*

17 *Readopted Eff. October 1, 2022.*