

Comparison of Activities Program Requirements

| | RCFE CA State Licensing | SNF/NF CA State Licensing | SNF/NF Federal ROPs |
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| Basic/Required Service | T-22, §87101(b)(2) “Basic Services,” as defined in Health and Safety Code section 1569.312, means those services required to be provided by the facility in order to obtain and maintain a license and include, in such combinations as may meet the needs of the residents and be applicable to the type of facility to be operated, the following: safe and healthful living accommodations; personal assistance and care; observation and supervision; planned activities; food service; and arrangements for obtaining incidental medical and dental care. | T-22, §72379. An activity program means a program which is staffed and equipped to encourage the participation of each patient, to meet the needs and interests of each patient and to encourage self-care and resumption of normal activities. | |
| | HSC §1569.312. Every facility required to be licensed under this chapter shall provide at least the following basic services: (f) Encouraging the residents to maintain and develop their maximum functional ability through participation in planned activities. | | |
| | T-22, §87464(f) Basic services shall at a minimum include: (7) A planned activities program which includes social and recreational activities appropriate to the interests and capabilities of the resident, as specified in Section 87219, Planned Activities. | | |
| Notices of Planned Activities | T-22, §87219(d) In facilities licensed for seven (7) or more persons, notices of planned activities shall be posted in a central location readily accessible to residents, relatives, and representatives of placement and referral agencies. Copies shall be retained for at least six (6) months. | T-22, §72381(a) Patients shall be encouraged to participate in activities planned to meet their individual needs. <i>An activity program shall have a written, planned schedule of social and other purposeful independent or group activities.</i> The program shall be designed to make life more meaningful, to stimulate and support physical and mental capabilities to the fullest extent, to enable the patient to maintain the | |

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| | | highest attainable social, physical and emotional functioning but not necessarily to correct or remedy a disability. | |
| Choice of Activities/Maintaining Full Potential | T-22, §87464(a) The services provided by the facility shall be conducted so as to continue and promote, to the extent possible, independence and self-direction for all persons accepted for care. Such persons shall be encouraged to participate as fully as their conditions permit in daily living activities both in the facility and in the community. | T-22, §72381(a) Patients shall be encouraged to participate in activities planned to meet their individual needs. An activity program shall have a written, planned schedule of social and other purposeful independent or group activities. The program shall be designed to make life more meaningful, to stimulate and support physical and mental capabilities to the fullest extent, to enable the patient to maintain the highest attainable social, physical and emotional functioning but not necessarily to correct or remedy a disability. | 483.24(c)(1) The facility must provide, based on the comprehensive assessment and care plan and the preferences of each resident, an ongoing program to support residents in their choice of activities, both facility-sponsored group and individual activities and independent activities, designed to meet the interests of and support the physical, mental, and psychosocial well-being of each resident, encouraging both independence and interaction in the community. [F-679] |
| | T-22, §87462. The facility shall obtain sufficient information about each person's likes and dislikes and interests and activities, to determine if the living arrangements in the facility will be satisfactory, and to suggest the program of activities in which the individual may wish to participate. | | |
| Personal Rights related to Activities | HSC §1569.269(a) Residents of residential care facilities for the elderly shall have all of the following rights: (26) To be encouraged to maintain and develop their fullest potential for independent living through participation in activities that are designed and implemented for this purpose, in accordance with Section 87219 of Title 22 of the California Code of Regulations. | | |
| | T-22, §87468(a) Each resident shall have personal rights which include, but are not limited to, the following: (5) To have the freedom of attending religious services or activities of his/her choice and to have visits from the spiritual advisor of his/her choice. Attendance at religious | | |

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| | <p>services, either in or outside the facility, shall be on a completely voluntary basis.</p> <p>(6) To leave or depart the facility at any time and to not be locked into any room, building, or on facility premises by day or night. This does not prohibit the establishment of house rules, such as the locking of doors at night, for the protection of residents; nor does it prohibit, with permission of the licensing agency, the barring of windows against intruders.</p> | | |
| Scope of Activity Program | <p>T-22, §87219(a) Residents shall be encouraged to maintain and develop their fullest potential for independent living through participation in planned activities. The activities made available shall include:</p> <ul style="list-style-type: none"> (1) Socialization, achieved through activities such as group discussion and conversation, recreation, arts, crafts, music, and care of pets. (2) Daily living skills/activities which foster and maintain independent functioning. (3) Leisure time activities cultivating personal interests and pursuits, and encouraging leisure-time activities with other residents. (4) Physical activities such as games, sports and exercise which develop and maintain strength, coordination and range of motion. (5) Education, achieved through special classes or activities. (6) Provision for free time so residents may engage in activities of their own choosing. <p>(b) Residents served shall be encouraged to contribute to the planning, preparation, conduct, clean-up and critique of the planned activities.</p> <p>(c) The licensee shall arrange for utilization of available community resources through contact with organizations</p> | <p>T-22, §72383(b) The activity program shall consist of individual, small and large group activities which are designed to meet the needs and interests of each patient and which include, but are not limited to:</p> <ul style="list-style-type: none"> (1) Social activities. (2) Indoor and out-of-doors activities, which may include supervised daily walks. (3) Activities away from the facility. (4) Religious programs. (5) Opportunity for patient involvement for planning and implementation of the activity program. (6) Creative activities. (7) Educational activities. (8) Exercise activities. <p>(c) Activities shall be available on a daily basis.</p> <p>(d) The activity leader, at a minimum, shall:</p> <ul style="list-style-type: none"> (1) Develop, implement and supervise the activity program. (2) Plan and conduct in-service training of the staff of the facility at least annually. (3) Coordinate the activity schedule with other patient services. | |

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| | <p>and volunteers to promote resident participation in community-centered activities which may include:</p> <ul style="list-style-type: none"> (1) Attendance at the place of worship of the resident's choice. (2) Service activities for the community. (3) Community events such as concerts, tours and plays. (4) Participation in community organized group activities, such as senior citizen groups, sports leagues and service clubs. | <ul style="list-style-type: none"> (4) Maintain a current list of patients from the nursing service who are not physically able to participate in activities. (5) Post the activity schedule conspicuously, in large visible print, for the information of patients and staff. (6) Request and maintain equipment and supplies. (7) Develop and maintain contacts with community agencies and organizations. (8) Develop and implement activities for patients unable to leave their rooms. (9) Maintain progress notes specific to the patient's activity plan which are recorded at least quarterly, and more frequently if needed, in the patient's health record. (10) Maintain a current record of the type f frequency of activities provided and the names of patients participating in each activity. <p>(e) Where appropriate, the activity leader may recruit, train and supervise a volunteer program to assist with and augment the services of the activity program.</p> | |
| Activities for Residents with Dementia | <p>HSC §1569.7 Residential care facilities for the elderly that serve residents with Alzheimer’s disease and other forms of major neurocognitive disorder should include information on sundowning as part of the training for direct care staff, and should include in the plan of operation a brief narrative description explaining activities available for residents to decrease the effects of sundowning, including, but not limited to, increasing outdoor activities in appropriate weather conditions.</p> | | |
| | <p>T-22, §87705(c) Licensees who accept and retain residents with dementia shall be responsible for ensuring the following:</p> | | |

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| | (7) An activity program shall address the needs and limitations of residents with dementia and include large motor activities and perceptual and sensory stimulation. | | |
| | T-22, §87705(h) Outdoor facility space used for resident recreation and leisure shall be completely enclosed by a fence with self-closing latches and gates, or walls, to protect the safety of residents. | | |
| | <p>T-22, §87706(a) In addition to the requirements in Section 87705, Care of Persons with Dementia, <i>licensees who advertise, promote, or otherwise hold themselves out as providing special care, programming, and/or environments for residents with dementia or related disorders shall meet the following requirements:</i></p> <p>(2) In addition to the requirements specified in Sections 87208(a) and 87705(b), the licensee shall include in the plan of operation a brief narrative description of the following facility features:</p> <p>(E) Activity program for residents with dementia, including, but not limited to:</p> <ol style="list-style-type: none"> 1. Types of activities; <ol style="list-style-type: none"> a. Activities may include cognitive/mental stimulation (e.g., crafts, reading, writing, music, current events, reminiscences, movies); physical activities (e.g., gross and fine motor skills); work activities and life skills; social activities; cultural/religious activities; sensory activities; individual/group activities (e.g., games); pet care; and outdoor activities (e.g., field trips, gardening). 2. Frequency of activities; and 3. The process to determine what types of activities shall be planned to encompass residents' needs. <ol style="list-style-type: none"> a. These needs are based on personal preferences, age, beliefs, culture, values, attention span, and life experiences (e. g., family and friend involvement, | | |

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| | favorite pastimes, occupations, and geographic areas lived in and visited). | | |
| Activity Plan/Planned Activities | [Note: A written activity program is required for RCFE’s licensed for 50 or more residents & must be planned in advance, kept up-to-date and made available to all residents – T-22, §87219(f)] | T-22, §72383(a) An activity plan shall: (1) Be developed and implemented for each patient and shall be integrated with the individual interdisciplinary patient care plan. (2) Be reviewed quarterly and approved, in writing, by the attending physician as not in conflict with the treatment plan. | |
| Activities Program Staff/Supervision/Director | T-22, §87101(c)(3) “Care and Supervision” means those activities which if provided shall require the facility to be licensed. It involves assistance as needed with activities of daily living and the assumption of varying degrees of responsibility for the safety and well-being of residents. “Care and Supervision” shall include, but not be limited to, any one or more of the following activities provided by a person or facility to meet the needs of the residents: (F) Supervision of resident schedules and activities; | T-22, §72385(a) Activity program personnel with appropriate training and experience shall be available to meet the needs and interests of patients. | |
| | T-22, §87219(g) Participation of volunteers in planned activities shall be encouraged, and such volunteers shall be under the direction and supervision of the employees responsible for the activity program. | | |
| | T-22, §87411(i) Residents shall not be used as substitutes for required staff but may, as a voluntary part of their program of activities, participate in household duties and other tasks suited to the resident's needs and abilities. | | |
| | T-22, §87219(e) In facilities licensed for sixteen (16) to forty-nine (49) persons, one staff member, designated by the administrator, shall have primary responsibility for the organization, conduct and evaluation of planned activities. This person shall have had at least six (6) month's experience in providing planned activities or have completed or be enrolled in an appropriate education or training program. | T-22, §72385(b) An activity program leader shall be designated by and be responsible to the administration. An activity program leader shall meet one of the following requirements: (1) Have two years of experience in a social or recreational program within the past five years, one year of which was full-time in a patient activities program in a health care setting. | 483.24(c)(2) The activities program must be directed by a qualified professional who is a qualified therapeutic recreation specialist or an activities professional who— (i) Is licensed or registered, if applicable, by the State in which practicing; and (ii) Is: |

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| | <p>(f) In facilities licensed for fifty (50) persons or more, one staff member shall have full-time responsibility to organize, conduct and evaluate planned activities, and shall be given such staff assistance as necessary in order for all residents to participate in accordance with their interests and abilities. The program of activities shall be written, planned in advance, kept up-to-date, and made available to all residents. The responsible employee shall have had at least one year of experience in conducting group activities and be knowledgeable in evaluating resident needs, supervising other employees, and in training volunteers.</p> <p>(1) An exception to this requirement may be made by the licensing agency upon the facility's presentation in writing of a satisfactory alternative plan.</p> <p>(2) Where the facility can demonstrate that its residents are self-directed to the extent that they are able to plan, organize and conduct the facility's activity program themselves, this requirement may be reduced or waived by the licensing agency.</p> | <p>(2) Be an occupational therapist, art therapist, music therapist, dance therapist, recreation therapist or occupational therapy assistant.</p> <p>(3) Have satisfactorily completed at least 36 hours of training in a course designed specifically for this position and approved by the Department and shall receive regular consultation from an occupational therapist, occupational therapy assistant or recreation therapist who has at least one year of experience in a health care setting.</p> | <p>(A) Eligible for certification as a therapeutic recreation specialist or as an activities professional by a recognized accrediting body on or after October 1, 1990; or</p> <p>(B) Has 2 years of experience in a social or recreational program within the last 5 years, one of which was full-time in a therapeutic activities program; or</p> <p>(C) Is a qualified occupational therapist or occupational therapy assistant; or</p> <p>(D) Has completed a training course approved by the State.</p> <p>[F-680]</p> |
| Activity Equipment and Supplies | <p>T-22, §87219(i) Facilities shall provide sufficient equipment and supplies to meet the requirements of the activity program including access to daily newspapers, current magazines and a variety of reading materials. Special equipment and supplies necessary to accommodate physically handicapped persons or other persons with special needs shall be provided as appropriate.</p> <p>(1) When not in use, recreational equipment and supplies shall be stored where they do not create a hazard to residents.</p> | <p>T-22, §72387. Each facility shall provide equipment and supplies for both independent and group activities and for patients having special needs.</p> | |
| Activity Program Space | <p>T-22, §87219(h) Facilities shall provide sufficient space to accommodate both indoor and outdoor activities. Activities shall be encouraged by provision of:</p> | <p>T-22, §72389. (a) Each facility shall provide a designated activity area which meets the independent and group activity needs of patients. Such areas shall be:</p> <p>(1) Accessible to wheelchair and ambulatory patients.</p> | |

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| | <p>(1) A comfortable, appropriately furnished area such as a living room, available to all residents for their relaxation and for entertaining friends and relatives.</p> <p>(2) Outdoor activity areas which are easily accessible to residents and protected from traffic. Gardens or yards shall be sufficient in size, comfortable, and appropriately equipped for outdoor use.</p> | <p>(2) Of sufficient size to accommodate necessary equipment and permit unobstructed movement of wheelchair and ambulatory patients or personnel responsible for instruction and supervision.</p> <p>(b) Storage space for equipment and supplies shall be provided and shall be maintained in a clean and orderly manner.</p> | |
| | T-22, §87705(h) Outdoor facility space used for resident recreation and leisure shall be completely enclosed by a fence with self-closing latches and gates, or walls, to protect the safety of residents. [For residents diagnosed with dementia] | | |
| | <p>T-22, §87307(a) Living accommodations and grounds shall be related to the facility's function. The facility shall be large enough to provide comfortable living accommodations and privacy for the residents, staff, and others who may reside in the facility. The following provisions shall apply:</p> <p>(1) There shall be common rooms such as living rooms, dining rooms, dens or other recreation/activity rooms. They shall be of sufficient space and/or separation to promote and facilitate the program of activities and to prevent such activities from interfering with other functions.</p> | | |
| Charging for Activities | <p>T-22, §87507(g) Admission agreements shall specify the following:</p> <p>(3) Payment provisions, including the following:</p> <p>(A) Rate for all basic services which the facility is required to provide in order to obtain and maintain a license. Basic services rate(s), including:</p> <ol style="list-style-type: none"> 1. A comprehensive description of any items and services provided under a single fee, such as monthly fee for room, board and other items and services shall be listed. 2. A comprehensive description of and the corresponding fee schedule for all basic services not included in the single fee shall be listed. | <p>HSC §1599.67(a) Every contract of admission shall state clearly what services and supplies are covered by the facility's basic daily rate. In addition, the agreement shall specify in detail which services are optional, and the charges for these services, and indicate that residents will receive monthly statements itemizing all charges incurred by them.</p> <p>(b) The contract of a facility that is a provider pursuant to Medicare, or Medi-Cal, or both, shall state that optional and covered services may be different for residents in those programs than for private pay residents. When a resident converts from Medicare or private pay to Medi-Cal, the</p> | <p>483.10(f)(11)(i) Services included in Medicare or Medicaid payment. During the course of a covered Medicare or Medicaid stay, facilities must not charge a resident for the following categories of items and services:</p> <p>(C) An activities program as required at §483.24(c).</p> <p>[F-571]</p> |

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| | | <p>facility shall give the resident a form listing Medi-Cal optional and covered services</p> <p>(c) Every contract of admission shall clearly state that the facility is required by law to provide no less than 30 days written notice to the residents of any increase for optional services or in the daily room rate charged by the facility, except as provided in subdivision (b) of Section 1288.</p> | |
| | <p>T-22, §87507(g) Admission agreements shall specify the following:</p> <p>(3) Payment provisions, including the following:</p> <p>(B) Rate for additional items and services, including:</p> <ol style="list-style-type: none"> 1. A comprehensive description of and the corresponding fee schedule for all additional items and services not included in the fees for basic services shall be listed. 2. A separate charge for an item or service may be assessed only if that charge is included in and authorized by the admission agreement. 3. A statement acknowledging any additional items and/or services that the resident refused to purchase at the time the admission agreement was signed, which shall be signed and dated by the resident or the resident's representative, if any, and attached to the admission agreement. 4. If the licensee offers additional items and/or services that were not available at the time the admission agreement was signed, a list of these services and charges shall be provided to the resident or the resident's representative. | | <p>483.10(f)(11)(ii) Items and services that may be charged to residents' funds. Paragraphs (f)(11)(ii)(A) through (L) of this section are general categories and examples of items and services that the facility may charge to residents' funds if they are requested by a resident, if they are not required to achieve the goals stated in the resident's care plan, if the facility informs the resident that there will be a charge, and if payment is not made by Medicare or Medicaid:</p> <p>(i) Cost to participate in social events and entertainment outside the scope of the activities program, provided under 483.24(c)</p> <p>[F-571]</p> |