

## Leisure At Home

### Activity Kit for Older Adults Isolated at Home

In the initial weeks of the corona crisis, the Leisure At Home activity kit has been distributed to tens of thousands of isolated older adults throughout Israel with much success.

For ease of rapidly sharing this successful intervention, a [pdf digital format](#) of the Leisure at Home Activity Kit was produced (in Hebrew) and distributed widely.

The digital format of the Leisure At Home activity kit includes:

- |  |             |                        |
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| 1. Introduction - Yossi Heymann, JDC-ESHEL CEO     | pp. 2       | <i>(English below)</i> |
| 2. The Ten Commandments for Older Adults           | pp. 3       | <i>(English below)</i> |
| 3. Mandala coloring pages                          | pp. 4 – 13  |                        |
| 4. Riddles and trivia                              | pp. 14 – 22 |                        |
| 5. Trivia solutions                                | pp. 23 – 24 |                        |
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| 7. Recommended Physical exercises                  | pp. 26 – 29 |                        |
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Dear **Friends**,

In these times of uncertainty and disruption of our regular routine, many of us must stay at home longer than we are used to. Despite the difficult conditions, it is very important to create a new, healthy routine. Our aim is to adapt and involve ourselves in most of the activities that occupied our time before the outbreak of the Corona pandemic.

JDC-Eshel and the Vatikey HaGalil Day Center are pleased to offer the **Leisure At Home activity kit** in a digital format. It was developed to offer suggestions for activities that can be done while staying indoors – including physical, cognitive, and emotional activities, activities that stimulate the senses, games, and leisure activities.

The kit was developed by the professional and talented team of the Vatikey HaGalil Association at Tel Chai, who generously agreed to share it. The kit contains many varied activities, from Mandala coloring pages to preparing simple recipes (with spices that strengthen the immune system). There is also a trivia quiz, a memory game of Israeli wildflowers, brain games at different levels of difficulty, a questionnaire to get to know oneself better, recommendations for board games, recommendations for game apps suitable for older adults, and more.

It is important to keep in mind that the kit was developed for a wide range of cognitive abilities. It is best to take the target population into account before deciding who should receive it. Older adults who are independent and digitally oriented will find the kit enjoyable, however they may not be the population we had in mind. In some cases the older adults will need help in order to get the most out of it. If you would like the entire kit, print out all the pages and make sure you have: a resistance band, an exercise ball, a packet of colored markers or pencils, a pack of cards, and cinnamon sticks. If you would like the limited kit, it is enough to have a resistance band and a packet of colored markers.

The digital file can be printed in its entirety but keep in mind that the memory game wildflowers should be printed on a color printer and laminated.

The following should be purchased for the kit:

- An exercise ball
- A resistance band
- A balloon
- A pack of cards
- A packet of twelve, high-quality colored markers
- Three cinnamon sticks

The first page of the file explains the reason for each item. The physical activity kit comes in a brown paper bag or a non-woven fabric bag. The cost of the entire kit is approximately \$11.

Physical activities – the following exercises require a resistance band:

- Motor exercises for general strength and maintaining balance
- You can include an exercise ball to increase gross and fine motor movements, to retain range of motion, coordination, warm-up, and general movement.

- We recommend adding a balloon – blowing it up also helps to expand the lungs. The balloon can be used instead of the exercise ball for throwing, to work on balance, hand-eye coordination, warm-up, and general movement.

#### Cognitive activities, games and leisure

- Trivia and memory games – Israeli wildflowers
- A booklet of brain games on three levels – easy, medium, and difficult
- Mandala coloring pages. Add a packet of colored markers or pencils
- A page of recommended brain games you can buy or apps you can download to a mobile device – sponsored by the National Program for Promoting a Healthy Lifestyle
- A pack of cards can be added to the kit

#### Emotional and social interaction activities

- A conversation questionnaire to get to know ourselves (can also be used in a phone call or in conversation with another person)

#### Sensory activities

- Preparing healthy and nutritious meals
- Cinnamon sticks can be added to the kit as cinnamon warms and strengthens the body

The activity kit is for you, for creative and effective stimulation.

**Yossi Heymann**

CEO, JDC-Eshel

## **The Ten Commandments – Recommendations of the Israel Gerontological Society and the Technology Workshops for Older Adults of Israel’s Society of Electrical and Electronic Engineers / Aging2.0 Israel**

1. **Stay in touch** – Keep in mind that the regulations call for physical isolation, and it is important to stay connected. Make phone calls or better yet, video calls.
2. **Keep physically active and eat healthy** – Make sure to exercise sitting or standing up, go up and down stairs, maintain a balanced diet, and make sure to drink enough.
3. **Maintain a constant supply of groceries, medication, and equipment** – Use delivery services or ask family members to bring supplies directly to your door. At this time it is important to make sure you have a sufficient stock of your regular medication, enough for at least two weeks. We also recommend keeping medication to reduce pain and fever, absorbent products, and disinfectants.
4. **Aid equipment** – This is the time to surf the Azarim website and look for easy solutions for safely maintaining the independence of older adults at home. Products can be delivered to the older adults’ home: <https://azarim.org.il/>
5. **Activation** – Dear families, inactivity is difficult, so activate your family members! Now is the time to write down those great recipes, write your life story, digitize your photo albums, learn new things online, see a full-length play from home, and much more. It is important to structure a schedule with a daily activity program and stick to it!
6. **Humor at all times** – Humor is known as a ‘stress reducing medicine’. Encourage family members to send jokes and funny pictures.
7. **It is important to contact a neighbor** and equip him or her with a key, especially if family members live far away or mobility is limited. Don’t forget to remove the key from the lock and do not lock the top latch!
8. **Vitamin D** – Most older adults will be housebound for the near future. When the weather is nice, open the windows to let in fresh air and sit in the sun for at least ten minutes to enable the body to produce vitamin D.
9. **Websites and information centers** – There are several websites and information centers for older adults and their families, including:
  - JDC-Eshel’s general information center: [https://www.eshelnet.org.il/en/COVID19\\_Materials](https://www.eshelnet.org.il/en/COVID19_Materials)
  - Information and virtual support groups for families caring for Alzheimer’s patients: <https://emda.org.il/english/>
  - National Insurance Institute hotline for older adults and their families - \*9696
10. **People living with dementia** – They may feel the surrounding tension and become unsettled. Maintain a regular schedule, help them stay in touch with family members, and talk about calming issues.

**Together we will get through the Corona pandemic safely!** We all feel isolated from the world and ‘suffocated’ at home – this is an opportunity to think about and remember the many people who live around us for whom this is an ongoing reality. This is the time to find a way to join those whom are providing them with support and assistance.

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