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PAC Preschool/Senior Companion Program

Establishing a Program

- The Activities Director should take the lead in starting a Preschool/Senior Companion Program, consulting with administrator and/or the Director of Nursing for approval and instruction from a facility standpoint.
- The Activities Director should select the largest room within the Facility for the Program, typically the main dining room. The size of the room will dictate the maximum amount of participants, but generally 50 residents is the maximum number recommended for the Program at one time, and 20-30 residents the most manageable number of patients. Ideally, there will be a similar number of children.
- The Activities Director should consult with the Director of Nursing and seek other staff members' recommendations for medium to high functioning Alzheimer's/Dementia patients that could benefit from the Program. Also, patients without those diagnoses may enjoy the Program.
- The Head Start Program or childcare center is responsible for transporting the children and supervising them while they are at the Facility.
- Limited supplies are required to operate the Program. Please see the Activities Agenda for supplies for the games and activities. Also, refreshments like juice, cookies, and cupcakes are enjoyed by both the patients and the children.
- The Activities Director should contact all Head Start Programs and childcare centers in the local area to introduce the Program. The Yellow Pages is a great resource for creating a list of possible participants. Possible categories include "Head Start", "Preschool", and "Child Care." A summary of the program and the Activity Agenda can be provided to the director of the local childcare centers to confirm interest. Preventive can supply a list of Head Start Centers and contacts in your area, and a letter of introduction on the program upon request.
- The program should be conducted every other week during the school year, typically in the mid-morning for 60-90 minutes.