Comprehensive Training

Activity Programming
- Design and plan activity programs to meet the needs and interests of the elderly
- Develop networks, resources, and ideas
- Implement good activity assessments
- Plan and lead small and large groups that implement effective sensory interventions
- Explore intervention techniques such as Validation Therapy, Remotivation, music, creative arts, pets, and horticulture

Current Issues in Aging Services
- Explore issues affecting aging services
- Discover aging services and organizations
- Learn physical, social, and cognitive issues affecting activity programming
- Understand state and federal regulatory requirements in aging services

Documentation
- Develop, write, and implement an activity care plan specific to individual needs and interests
- Write effective progress notes
- Explore documentation/procedures types

Activity Department Management
- Develop essential manager leadership and communication skills
- Practice teamwork and problem solving skills
- Learn management of department records such as policy and procedures, budgets, personnel records, and quality assurance reviews
- Explore recruitment, orientation, and management of volunteers

More Information

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About the Instructor

Julie Reginke, MS, ACC, EDU, CDP

This program features personalized instruction delivered by a certified instructor with over 27 years experience in the real world of activity programming, delivery, management, and consulting in aging services as well as a leader in designing instruction for both online and classroom delivery.

- M.S. in Instructional Design and Training
- Graduate Certificate in E-Learning
- B.S. in Recreation
- Activity Consultant Certified
- Online Curriculum Specialist/D2L trainer at Ridgewater
- Board Member of MN Activity Professionals Association

Quality training designed for the working activity professional and those who want to work with the elderly in activity and leisure settings or are seeking certification
- On Campus
- Online
The Program

The Activity Director and Activity Assistant program on the Hutchinson Campus of Ridgewater College offers career opportunities to work with the elderly and senior populations. It is uniquely the longest running program of its kind and the only one with online options. The Activity Director program requires 60 credits to earn an Associate in Applied Science degree. The Activity Assistant diploma program offers 36 credits.

Students will learn the skills and understanding needed to design and implement activity and leisure programs for the aging population. Through lectures, labs, hands-on experience and web-enhanced curriculum, students will have opportunities to collaborate and network with working activity professionals. Participants will also learn management skills and be involved with internship, volunteer experiences, and community service projects.

Activity professionals plan and coordinate social, physical and cognitive activity programs to enhance and promote quality of life for elderly in long term care, assisted living, memory care, retirement communities and other aging services. They plan weekly and monthly activity calendars, implement a variety of intervention methods and techniques for working with residents or clients in group activities or in a one-to-one setting.

Learn Online

Both the Basic Activity Course (MEPAP 1) and Activity Management Course (MEPAP 2) are offered fully online. Now you can complete the education programs from the comfort and convenience of your own home.

The following requirements and skills are recommended for participation in an online program: create, manage, and retrieve word documents and files, use email, attach files, conduct internet searches, a high-speed internet connection, daily access to a computer and the internet, and time management skills.

Modular Education Program for Activity Professionals (MEPAP)

MEPAP is the accepted curriculum adopted by the National Certification Council of Activity Professionals (NCCAP) and is a required component in becoming nationally certified. The curriculum is designed to meet the changing healthcare and aging services industry need and prepare activity professionals in the design and delivery of quality, meaningful activity programs. Both courses are required for director level certification. The MEPAP courses at Ridgewater are preapproved by NCCAP (25126-16-M2-NT) and required for director level certification. Students gain valuable insight and personalized instruction in the real world of activity services. The program meets the needs of those primarily working towards NCCAP certification and do not wish to pursue the degree or diploma option.

Basic Activity Course
MEPAP 1 (4 Credits)

Unit 1 Introduction to Activities and Aging Services
- Explore agencies and organizations in the continuum of care
- Identify aging resources
- Identify professional resources
- Examine regulatory issues
- Understand resident rights, vulnerable adults, resident and family councils

Unit 2 Health and Social Issues in Aging
- Explore physical and cognitive changes
- Explore sensory changes
- Explore activity programming for all functioning levels
- Examine infection control and safety

Unit 3 Activity Care Planning and Documentation
- State and federal regulatory requirements
- Assessments (MDS and Activity)
- Writing care plans and progress notes
- Documentation forms

Unit 4 Activity Calendar Planning and Program Delivery
- Types of activity programs
- Program management
- Intervention techniques
- Calendar planning
- Activity ideas and resources

Activity Management Course
MEPAP 2 (4 Credits)

Unit 1 Introduction to Activity Management
- Examine program and department responsibilities
- Identify professionalism
- Identify role as a manager
- Explore leadership skills
- Explore community relations

Unit 2 Activity Department Management Skills
- Personnel management
- Time and space management
- Management of program and department records
- Quality assurance

Unit 3 Communication Skills for Activity Managers
- Identify communications skills for leadership
- Identify problem solving techniques
- In-services, training, and education
- Explore teamwork

Unit 4 Volunteer Management
- Recruiting volunteers
- Training and orientation of volunteers
- Recognition of volunteers

The Quality Matters mark recognizes courses that meet the national Quality Matters review standards. Both MEPAP courses are QM certified.