

Medical Surgical Nursing 2025

Erie County Senior Center Activity Proposal

Directions: Please answer the following questions, typing your response in the space provided. This document is due in the dropbox labeled ECSC Activity Proposal by **Friday 1/17/2025** by 1500.

1. Please list names of each person in the clinical group. **Mallory Jamison, Aaron Brummett, Jessica Bower**

2. What activity will you be leading while at the Erie County Senior Center? Give a detailed outline of your activity, and explain how you plan on running your activity?

The activity we will be leading at the Erie County Senior Center is called Balloon Badminton. The activity requires blown up balloons, small pieces of cardboard, and paper plates. My group and I plan to cut handle shapes out of cardboard and glue them to paper plates to create Badminton “paddles” for the clients. We will either arrange the clients in lines across from one another where they can hit balloons back and forth between teams as if they are hitting it over a badminton net, or arrange the clients in a circle of chairs where they can play a game of keeping the balloon in the air as long as possible.

3. How will this activity benefit the clients?

This activity will provide the clients with a beginner level of exercise that is fit to their level of ability and that they may otherwise not have access to. Balloon Badminton can also work the clients’ range of motion especially of their hands/arms, and provide them with a fun socializing opportunity.

4. Describe the anticipated level of participation, any declines in functional ability and what you plan to adapt to these needs.

Balloon Badminton has a senior appropriate level of participation because it requires minimal strength, use of a small amount of the body, and allows clients to remain sitting for such as what may be needed for wheel chair confined individuals. Declines in functional ability may arise with this activity including limited range of motion and/or soreness for individuals with arthritis, or difficulty successfully hitting the balloon for those with Parkinson’s disease because it can cause shaky hands. To adapt to these needs, our group plans to provide breaks to the patients as needed to gain relief from any soreness that may occur, or physically assisting those that may have shakiness/limited range of motion in participating.