

Coastal rain week

British Columbia · Weather-safe indoor week



For recreation therapists and activity aides in Canadian long-term care and personal care homes. Print what you need. Leave the rest.

Large type. Short steps. Dementia-safe language. Canadian spelling. One click PDF. No login required for this preview.

Pictures for this week

Use these on a screen or print one page for the program table. They are calm on purpose.



View from a BC Ferries sailing near Horseshoe Bay. Wikimedia Commons, Adam Jones, CC BY-SA 3.0. Calm water. No storm talk.



Tea and apple still life, created for BetterCare room cards.

Coastal rain week

Good morning. Here is your full week in one place. Keep it calm. Keep it kind. Let residents choose what feels right.

This is a rain week, not a grey week. Think soft light. Cedar scent. Warm tea. Ferries moving slow on the water. Mountains resting in the distance.

You do not need to do it all. Pick one option at a time. Sit down often. Smile first.

Staff briefing

Welcome to Monday. This pack covers Monday to Sunday for B.C. homes.

Theme: Coastal rain week. Gentle rhythms for rainy days. Cosy indoor options. Fresh air when we can.

Who it suits: Mixed groups. People living with dementia. People who stay in their rooms. People who love gardens, boats, markets, and tea.

Tone: Warm and unhurried. Offer choices. Avoid testing memory. Say "Would you like to..." instead of "Do you remember..."

What you need each day: Tea cart ready. Blankets nearby. Music low. Two chairs together so no one sits alone.

Safety notes: Watch floors near doors for wet spots. Keep lights bright on dark mornings. Offer water and washroom breaks often. Check with the nurse if a resident seems low or tired.

RN note: Hydration matters in heated rooms. Small sips count. Note intake if asked. Flag low mood, poor sleep, cough, or change in behaviour to the nurse right away.

How to use this pack: Read the calendar each morning. Set out the print list items. Use the group script as written. Use the one to one cards for room visits. Shift to the indoor backup if air or weather turns.

Seven-day gentle calendar (Mon-Sun) with 2-3 options each day

You can mix and match. One good moment beats three rushed ones.

Monday: Welcome the rain

1. Morning hello circle with tea and cedar sprig to pass and smell. Invite each person to choose tea or warm apple cider.
2. Window watch: soft rain sounds and photos of ferries in the harbour. Ask "Would you like the mountain photo or the garden photo near you?"
3. Afternoon stretch to calm guitar music. Seated only. Five minutes is plenty.

Tuesday: Ferry ride day

1. Group script: Ferry and rainforest talk (15 min). See below. Serve ginger tea after.
2. Art table: paint with blues and greens. Offer large brushes and thick paper. Say "Would you like blue or green to start?"
3. Hallway sail: push the decorated ferry cart for room hellos. Play soft harbour sounds.

Wednesday: Market and garden colours

1. Farmers market table: safe produce to touch and smell. Apples, pears, squash, herbs. Invite choices. "Would you like to hold the apple or smell the mint?"
2. Flower arranging with hardy blooms and greens. No sharp shears at the table. Pre-cut stems only.
3. Music hour: light folk and old favourites. Offer maracas or soft scarves. Stop if it feels too loud.

Thursday: Lions and cosy games

1. Football social only if residents enjoy it. Lions colours on the table. Simple catch with a soft foam ball. Keep scores out. Focus on fun.
2. Indoor bowling in the lounge with light pins. Cheer every try. Offer to watch if playing feels like too much.
3. Evening tea and short stories about small town markets and train rides. One story at a time.

Friday: Salmon and comfort food memories

1. Food memory chat: baked salmon with lemon, salmon patties, smoked salmon on a cracker. This is about meals shared, not fishing detail. Ask "Would you like the lemon scent or the dill scent?"
2. Baking sensory: mix oatmeal and cinnamon in a bowl to smell. No hot ovens at the table. Kitchen staff can bake if approved.
3. Quiet film: slow coastal scenes. Ferries, gardens, distant mountains. Muted sound. Lights half up.

Saturday: Garden and tea social

1. Main social in the afternoon. See full plan below. Invite families to drop in.
2. Morning option: seed sorting into muffin tins. Large seeds only. Good for hands.
3. Evening option: porch style music by the window. Blankets ready. Hot decaf offered.

Sunday: Rest and one to one

1. Soft hymn or nature music morning. No pressure to sing. Sitting together is enough.
2. Room visits with the three one to one cards. Bring tea if allowed.
3. Sunset calm: colour pages of rainforest leaves and lighthouse scenes. Thick crayons. Large print.

Group script: Ferry and rainforest talk (15 min)

Use this as written. Sit in a circle. Speak slow. Smile often.

Time: 15 minutes total. Group of 4 to 10. Have tea ready after.

You will need: Two large photos (ferry on calm water, tall cedar trees in soft light). A small bowl of cedar tips or pine sprigs to smell. A soft bell or chime. Blankets.

Welcome (2 min) Say: "Good morning, everyone. Glad you are here. We are taking a short ferry ride today, right from our chairs. No tickets needed. Would you like a blanket while we start?"

Ring the soft chime once. Say: "We will keep our voices soft, like rain."

The ferry ride (5 min) Hold up the ferry photo so all can see. Pass it slow around the circle.
Say: "Here is our ferry. It moves slow and steady. The water is calm. We can see gulls and soft hills far away."

Say: "You can sit back if you like. You can watch the water with me. Would you like to hold the photo a bit longer, or pass it on?"

Say: "Feel the gentle rock. Side to side. Nice and slow. Breathe in. Breathe out."

Pause. Let quiet sit for a few seconds. Quiet is good.

The rainforest (5 min) Hold up the cedar trees photo. Pass the bowl of cedar tips to smell. No tasting.

Say: "Now we are close to shore. Tall trees. Soft moss. Clean rain smell."

Say: "I have some cedar here. Would you like a smell, or just to look at the photo? Both are fine."

Say: "The rain is light. It taps the leaves. It sounds like this." Softly tap your fingers on your lap twice.

Say: "Mountains are far off. Quiet and blue. We can just look at them. No need to climb."

Close (3 min) Ring the chime once, soft.

Say: "Our ferry is coming in now. Slow and safe. Thank you for riding with me."

Say: "Would you like ginger tea, or plain warm water with lemon? I will bring it to you."

Offer a warm cloth for hands if approved. Thank each person by name. End on time.

Tips for aides: If someone gets restless, walk with them gently. Offer washroom. If someone is quiet, sit beside them. Hand on armrest near them, not on them, unless you know touch is welcome. Never correct stories. Follow their lead.

Three room-bound one-to-one cards (4 steps max)

Bring this page on a clipboard. Knock soft. Ask before you enter. Sit at eye level.

Card 1: Rainy window friend

1. Say: "Hi [Name]. I have ten minutes. Would you like some company?" Offer tea or water if allowed.
2. Open blinds part way. Say: "Would you like the ferry photo or the garden photo while we chat?" Place choice where they can see it.
3. Read one short paragraph from the story basket. Or play two minutes of soft rain sounds. Watch their face for cues.
4. Close warm: "Thank you for time with me. Would you like me to come back tomorrow morning or afternoon?" Note choice for next staff.

Card 2: Hands and scent

1. Say: "Hi [Name]. I brought something soft to touch. Would you like the fleece square or the smooth stone?" Offer one at a time.
2. Offer scent: "Would you like to smell cedar, or lemon?" Hold three inches back. Remove if they turn away.

3. Do gentle hand motion together if welcome. Roll the stone. Fold the cloth. Stop if tired. Offer lotion only if care plan allows.
4. Close warm: "Your hands did good work today. I will leave the [chosen item] here if you like. Shall I dim the light or leave it bright?"

Card 3: Music and harbour calm

1. Say: "Hi [Name]. Would you like a little music? I have soft guitar or piano. Which sounds nicer today?"
2. Play low for one song. Sit near. Hold photo of distant mountains or calm harbour in view.
3. Hum soft if they smile. Offer scarf to wave slow. Say: "We can just listen. No need to sing."
4. Close warm: "That was nice and calm. Would you like it quiet now, or one more song?"
Turn off music before you leave if they rest.

Charting tip: Write what they chose. Write how long you stayed. Write mood in plain words.

Example: Chose cedar scent. Smiled. Stayed 10 min. Calm.

Garden and tea social

Time: 45 to 60 min on Saturday afternoon. Lounge or garden room with a view. Keep group to 12 or less.

Goal: Fresh colour. Warm cups. Easy chat. No speeches.

Set up:

- Tables in small clusters. Two to four chairs each. Space for wheelchairs.
- Centrepieces: low bowls with apples, small pumpkins, hardy greens, pinecones. No strong lilies. No loose berries.
- Tea station to the side: decaf black tea, herbal tea, hot apple cider, lemon slices, honey. Label in large print. Check diets with nursing first.
- Music: soft folk guitar low in back. Off during welcome.
- Photos around room: ferries, public gardens, market stalls, distant mountains in soft light.

Flow:

1. Welcome (5 min). Say: "Welcome in. Find a seat you like. Would you prefer tea or cider today?" Staff serve. No line ups.
2. Garden touch table (15 min). Invite residents to smell mint and cedar, touch squash and kale, sort colour cards. Say: "Would you like to start at the scent bowls or the colour cards?"
3. Pour and chat (20 min). Offer one small cookie if diet allows. Talk prompts that are not tests: "What colours do you like in a garden?" "Would you prefer a window view of trees or water?" "What is a favourite warm drink for you?"
4. Gentle close (10 min). Thank all. Offer takeaway: small sachet of cedar or a garden photo card. Walk each person back or hand off with care.

Staff roles: One host to welcome. One to pour. One to float and chat. One to watch doors and washrooms.

Rain plan: Stay inside with garden views through windows. Bring in potted plants. Same program.

Success looks like: Warm hands. Calm faces. A few smiles. No one left alone.

Provincial flavour notes (Coast vs Interior vs Island: ferries, rain, mountains as distant calm views, markets, Lions if football comes up, gardens, salmon as food memory not hunting graphic)

Use these notes to shape chat. Keep it gentle. Let residents lead with their own home stories.

Coast (Vancouver and area): Talk rain as normal and cosy. Umbrellas by the door. Stanley Park walks in memory. Harbour ferries and SeaBus rides. Markets with apples and greens. Mountains seen from afar, calm and blue. Say: "Many folks loved just looking at the mountains from a warm room."

Interior (Kelowna, Kamloops, Prince George): Drier air. Orchards and farm stands. Warm summers. Lakes calm at morning. Snow in winter. If smoke season comes up, shift to indoor comfort. Say: "Would you like to talk orchards or lakes today?"

Island (Victoria, Nanaimo, Comox): Slower pace. Ferry rides to visit family. Public gardens with bright flowers. Tea rooms. Small harbours with bobbing boats. Say: "The ferry ride can feel restful. Slow water. Time for tea on board."

Ferries: Keep it sensory and safe. Slow movement. Soft horn far off. Tea on deck. Window seats. Never storm stories. Never scary water talk.

Rain: Frame as soft and useful for gardens. Light tap on windows. Good book weather. Offer blanket. Offer warm drink. Avoid flood talk or storm detail. If atmospheric river news is on, turn TV off in program space.

Mountains as distant calm views: Always far and still. Blue shapes. Snow tops in light. Good for breathing slow. Say: "We can look together. No need to go up."

Markets: Safe favourite. Colours, scents, samples if diet allows. Public markets and farm stands. Talk apples, pears, berries as food. Flowers in buckets. Friendly crowds, but our room stays calm.

Lions if football comes up: Only if residents bring it up. Keep it light. Blue and white colours. Short clips with sound low. No loud bars. No rough hits replay. Cheer together. Offer tea, not beer, in care setting. Say: "Would you like to watch a bit, or enjoy the music table instead?"

Gardens: Public gardens and home pots both count. Raised beds for wheelchairs. Smell mint, cedar, lavender if tolerated. Touch leaves. No plant eating. Wash hands after.

Salmon as food memory not hunting graphic: Talk meals only. Baked salmon with lemon. Salmon patties on Fridays. Smoked salmon on crackers for special days. Family dinners. No nets, no blood, no struggle detail. If a resident starts a graphic story, gently redirect: "That sounds like a big day. Did you enjoy it with family over supper? Would you like tea while we chat gardens?"

Place mentions, gentle: Ferry ride. Market. Cedar scent. Garden path. Harbour view. Keep names broad unless resident names their home town. Then follow their lead with warmth.

What to avoid: Do not invent or lead Indigenous ceremony, song, or story. Do not use sacred items as props. If a resident shares their own culture, listen with respect. Thank them. Do not add detail.

Dementia-safe notes

Short sentences help. One idea at a time. Choices, not tests.

Do:

- Offer two clear choices. "Tea or cider?" "Sit here or by the window?"
- Sit down. Make eye contact soft. Use their name.
- Allow extra time. Pause. Let them answer slow.
- Match their mood. If quiet, be quiet with them.
- Use senses: warm cup, soft cloth, cedar smell, calm photo.
- End well. Say when you will return.

Do not:

- No memory tests. Avoid "Do you remember..." "What did you have for..." "Who is this in the photo?"
- No scary images. No war, crime, sirens, jump scares, storms, or fire detail.
- No loud sudden sounds. Fade music in and out.
- No correcting. If story shifts, follow kindness. "That sounds lovely."
- No rushing. Never pull a chair or hurry hands.

If upset: Lower your voice. Offer blanket. Offer washroom or water. Move to quieter spot. Say: "You are safe here. I am with you. Would you like to sit by the window with me?" Call nurse if distress lasts.

If sleepy: Let rest happen. Lower light. Leave photo card nearby. Come back later. Rest counts as care.

If wandering: Walk with them if safe. Offer purpose: "Would you like to help me bring this photo to the lounge?" Hand off to staff, never leave alone near doors.

Communication tips: Name objects as you offer them. "Here is warm tea." Keep TV news off during programs. Bright even light helps faces read calm.

Indoor weather backup (atmospheric river / wildfire smoke)

Use this when rain is heavy, or when smoke makes air poor. Check with nurse in charge before opening any doors or windows. Follow home policy for air quality.

Air and comfort:

- Keep windows closed if smoke is present. Run air filters if you have them.
- Keep lights bright and warm. Dark days feel long.
- Offer water often. Smoke air dries throats. Offer lozenges only if swallow is safe and nurse agrees.
- Watch for cough, headache, or low energy. Report to nurse right away.

Program shifts, no extra supplies needed:

- Move garden social indoors to lounge with window views. Bring in plants and photos.

- Swap hallway walks for seated stretch and hallway ferry cart hellos with doors open to rooms, if welcome.
- Swap outdoor garden time for scent bowls and seed sorting at tables.
- Use slow coastal films with sound low. Ferries, gardens, forests in soft light. No fire footage. No flood footage. No news loops.
- Add extra one to one visits. Short and sweet. Ten minutes matters a lot on smoky days.

Sample smoky day flow: Morning: Tea circle inside. Cedar scent. One story. Seated stretch. Midday: Art with blues and greens. Calm music. Afternoon: Ferry talk script in small groups. Then quiet film. Evening: Warm washcloths for hands and face if allowed. Soft music. Early rest.

What to say: "We are staying cosy inside today. The air is better in here. Would you like tea while we watch the garden photos?" Keep news off. Reassure often.

Staff care: Drink water too. Take turns on float breaks. Wet shoes off at door to keep floors safe.

Print list

Print in large type where noted. Keep one master copy in the rec office.

For the week:

- [] Ferry photo, large print, 2 copies, colour if you can
- [] Tall cedar rainforest photo, large print, 2 copies
- [] Distant mountains in soft light, large print, 1 copy
- [] Public garden flowers photo, large print, 1 copy
- [] Market stall photo, large print, 1 copy
- [] Harbour boats at rest photo, large print, 1 copy
- [] Choice cards: Tea / Cider / Water with lemon, large words plus pictures
- [] Choice cards: Ferry photo / Garden photo, large words
- [] Feelings faces sheet: calm, happy, tired, need a break, large print
- [] One to one cards (this pack, pages cut to pocket size), 4 sets
- [] Garden and tea social signs: Welcome In, Tea Station, Washrooms This Way, large print
- [] Tea station labels: Decaf, Herbal, Hot Apple Cider, Lemon, Honey, large print
- [] Colour pages: rainforest leaves, lighthouse, ferry on calm water, thick lines
- [] Seed sorting labels: Peas, Beans, Sunflower, large print
- [] Lions colours table sign only if used: Go Lions, blue and white, large print, keep score off
- [] Food memory scent labels: Lemon, Dill, Cinnamon, large print
- [] Quiet film cue sheet for staff: title, length, volume low, lights half up
- [] Indoor backup sign: Cosy Inside Today, large print

Paper tips: Use matte paper to cut glare. Size 16 pt or larger for signs. Keep tape and spare markers on the cart.

You are ready. Start small on Monday. Warm cups first. Kind words always. Thank you for care you give this week.

How to use this PDF

Print the cover in colour if you can. Print the rest in black and white. Leave room cards at the bedside. You do not need to run every program.