

Overview of Venues for Laughter Yoga with Older Adults by Carmela Carlyle

Day Programs for Elders

- Non-residential. They do not have budgets to pay for services. If you are going to *volunteer* your services seek out these kind of programs. They really need us. Assisted Living and other residential communities have budgets for activities and should pay you.
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Retirement Communities and Independent Living Communities

- Residents usually the most active and fit for Chair Laughter Yoga, but may be more resistance about seeming “senile.” Stress that it is exercise.
 - No Medical or Assistance with Activities of Daily Living (ADLs) are offered at these kind of communities. Be sure you know a staff member is *available* in case of medical distress issues.
 - Approach the Activities Director about customized LY Class for residents OR
 - Approach the Marketing Director about hosting a LY Club open to residents and the community. It is a win/win you are paid and it encourages a flow of future residents to their community.
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RCFES Residential Care Communities for Elders

AL: Assisted Living

AL: Board and Care

AL: Dementia or Memory Care Communities

- Good settings with good budgets, for Chair Laughter Yoga!
 - Non-medical but they do provide Assistance with ADLs (Activities of Daily Living) they remind residents about medications and call them to remind them of your class.
 - Residential Care Facilities for the Elderly (RCFE) or Assisted Living Communities, serve persons 60 and older.
 - I love leading LY with folks who live with dementia and Alzheimer’s Disease. It may take a little more time to connect, but they are so open to play once you establish rapport.
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SNF: Skilled Nursing Facility

- Adapt as if for a hospital setting. They really need laughter, but you must modify for people with tubes, bags, amputations, in wheelchairs, post-surgery, COPD and living with life-threatening illness. Severely compromising health conditions cause them to live here for the rest of their lives. I often will have lots of individual contact with the ones who are enjoying the class and “get it” while others dose off...
- California SNFs licensed for Medicare and Medical. Extended medical care.
- Some SNFs are designated as Rehab so folks are there to recover from hip surgery etc and there are physical therapists on staff. Speak to the PT and explain the benefits of LY.

