



Hummingbird Virtual Activity Sessions FAQs

What type of equipment do I need?

One of the following:

- Laptop or Computer
- Tablet
- Smartphone

If you don't have a computer, tablet or smartphone, we will provide detailed activity session instructions for caregivers or family members via telephone and/or through mailed activity packets. If you need assistance purchasing technology, we are happy to help. [Learn more about technology options here.](#)

What App do you use for connecting?

One of the following:

- Zoom or Skype
- Google Duo
- Facetime

What happens in an Activity Session?

Hummingbird Activity Specialists customize each session, which might include guided virtual museum tours, intellectual stimulation, live musical concerts, art lessons, and more. Legacy projects, oral history projects, lifelong learning, expressions of gratitude, spiritual devotion, verbal brain games, and storytelling are highly successful virtual programs. Virtual activity sessions are a shared relational experience, just like our in-person program.

Virtual Program Testimonial

"I always feel better after we meet. This is a very depressing time for me. Being with Kari is what I enjoy the most. She brings a vitality that is sadly lacking in my life right now."

Virtual Program Engagement Benefits

- Alleviates social withdrawal and/or distress
- Decreases isolation and increases joy
- Encourages self-confidence and boosts self-esteem
- Positive social interactions with others
- Fun and enjoyment of life
- Validation of feelings, experiences, and identity
- Ability to express both positive and negative emotions in a safe relationship
- Strength-based approach that highlights client's abilities
- Creating a feeling of belonging and worth
- Engagement in experiences that are specifically meaningful to the client as an individual
- Provides opportunity for self-reflection
- Respect for cultural preferences
- Promotes vitality



How do I get started?

Please call (650) 777-7607 or email hummingbird@sageeldercare.com for a 30-minute complimentary consultation.

How will scheduling work?

The first session will be scheduled during the intake call. Hummingbird Virtual Activity Sessions can be scheduled weekly or more often as desired. We can reserve the same time every week.

What is the cost of a virtual activity session?

Activity sessions are led by our Therapeutic Activity Specialists—trained professionals who are dedicated to quality of life and are specialists in communicating with people living with dementia—at a rate of \$100 per hour.

Who are the Activity Specialists?

Our Activity Specialists' professional backgrounds include recreation therapy, fine arts, dementia care, music, creative arts therapies, and more. You can learn more about our team on our [website](#).

What would a telephone or mail-based program entail?

We can do many of the projects via the telephone. The Hummingbird Activity Specialist will work with you to define what will be most interesting and engaging based on the client's likes, interests, and abilities. Other options include:

- **Mail Order Activity Kits:** Activity kits come with detailed instructions and engaging materials, so you and your client or loved one can feel confident as you begin exploring new experiences at a time and pace that works for you both.
- **Social Isolation Activity Plans:** We recommend the creation of a social isolation activity plan for each person, which will include a schedule of activities, ideas, and ways to stay connected based on the individual's life story and interests. We can create and send you this, and you or a family member can then implement as needed.

Are there options that families and care providers can access at any time?

Yes. Our Joyful Moments Activity Cards were created for families and eldercare providers to implement on their own schedule. They feature quality-of-life activities designed to help reconnect older adults to what brings them purpose, joy, and meaning in life. You'll find step-by-step instructions and suggested adaptations for activities that cover all seven domains of quality of life: Physical, Spiritual, Intellectual, Creative, Vocational, Emotional, and Environmental. Available online for \$24.95 + shipping. Includes a 30-minute complimentary consultation and free "tips and tricks" handout on how to get started. [Click here to order Joyful Moments today!](#)



Is there a special website we can visit to learn more about activity options for clients?

Yes. Please visit our [Blog](#) for creative activity highlights.

Can activity sessions continue after COVID-19 ends?

Absolutely! We began our unique therapeutic activity program years before the COVID-19 pandemic began to combat the loneliness, boredom, and isolation that were already a sad and unnecessary reality for millions of older Americans and other disabled adults. Every day we're alive is a good day to find joyful moments and build quality of life.

Where can I learn more about the Hummingbird Project?

Please visit <https://hummingbirdproject.net/> for more information.

Additionally, The Hummingbird Project's mini-documentary demonstrates how 1:1 programming tailored to clients' interests and abilities contributes to their quality of life and gives peace of mind to those who care about them; watch it at <https://vimeo.com/386849067>.