

Letter to Editor

**Activities Professionals: Key Members of an Interdisciplinary Healthcare Team**

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It has been recently reported that an early symptom of cognitive decline is a reduced capacity to successfully play bingo [1]. This finding supports the role of Activities professionals, as part of a multidisciplinary team, in recognizing changes in mental status. Activities professionals understand how changes (sometimes sudden) in an elder's aptitude for activities – such as: Bingo, puzzles, reading aloud, or art – can be vital information that needs to be relayed on to other healthcare team members. This role is in addition to the responsibility Activities professionals have in providing meaningful, individualized activities – including: cognitive engagement, self-identity stimuli, spiritual-wellness care, multi-sensory activities, exercise, nature-therapy, and social engagement – to decrease boredom and agitation by enhancing the life-satisfaction and well-being of elders [2,3,4,5,6,7,8, 9,10,11,12,13,14]. These facts highlight the importance of sufficient Activities staffing in long-term care. It also points to a role for Activities interventions in case-managed home care.

**Conflicts of Interest Statement**

Dr. Ross, PhD, MS has had a decade of experience working as an Activities professional. She is now the Founder of the Delaware Gerontology Institute, LLC ([www.DEGerontology.com](http://www.DEGerontology.com)), which develops Activities products for elders, such as extra-large print books, as well as doing scholarly work.

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