



BOREDOM BUSTERS

FOR LONG-TERM CARE



ONTARIO
CLRI

Centres for Learning,
Research & Innovation
in Long-Term Care

BAYCREST • BRUYÈRE • RIA

Bruyère 

iGenOttawa

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In an effort to minimize boredom and loneliness for residents living in long-term care during this challenging time, the Ontario CLRI at Bruyère and iGen Ottawa have put together a list of online resources for recreation therapists and recreation professionals to use in programming for residents. A lot has changed about day-to-day life in long-term care and we hope this list will provide some inspiration.

The following links do not contain Ontario CLRI or iGen Ottawa content and have not been thoroughly screened. While we cannot vouch for all the content contained in these links, each contains some content we believe is helpful for the LTC sector.

Please let us know if there's anything else you'd like to see added to this list (info@clri-ltc.ca)!

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The views expressed herein do not necessarily reflect the views of the Province.



Virtual Travel Explorations

Museums

From the comfort of your sofa, you can [visit museums](#) around the world. No long lines and free admission!

National Parks (USA)

Follow a [handful of park rangers](#) through some of America's most stunning and challenging terrains, from the Alaskan Glaciers to Utah's Bryce Canyon.

Amusement Parks

Visit the happiest place on earth :) No crowds and no cost to ride [Splash Mountain](#), [Peter Pan's Flight](#), [Kali River Rapids](#) or tour [Cinderella Castle Suite](#). Want to ride a roller coaster from the comfort of your room? Canada's Wonderland has a [virtual roller coaster ride](#).

Zoos and Aquariums

Immerse yourself in the ocean and your national marine sanctuaries without getting wet! These [virtual reality voyages](#) use 360-degree images to highlight the amazing habitats, animals, and cultural resources you can find in each national marine sanctuary.

If you are you curious to know what Er Shun and Da Mao are up to, check out the [Panda Cam](#) at the Calgary Zoo, where you can watch these giant pandas every day from 9 am to 6 pm, MT. If sleepy sea lions are more your thing, you can watch them snoring loudly in real team via [OrcaLab](#), a whale research station on Hanson Island in British Columbia. Check out [10 Awesome Animal Live Streams](#) from around the world.

While you can't feed them virtually, you can certainly watch them! Visit the animals at the [Cincinnati Zoo](#) or the [San Diego Zoo](#).



Arts & Culture

Read a Book

Sit back and be entertained. Here are [27 classic novels](#) you can listen to for free from Audible.

Catch a Show on Broadway

[Broadway HD](#) offers a 7-day free trial and you can enjoy a large collection productions from both New York's famous Broadway theatres and London's West End. The library features approximately 300 shows, ranging from *Cats: The Musical*, to some of Shakespeare's biggest works. The collection is refreshed once a month, so April titles are coming soon.

Nostalgic Entertainment

Take yourself back a few decades. Full episodes of [The Mary Tyler Moore Show](#) and [The Dick Van Dyke Show](#) are available to view on YouTube.

You can get a free Spotify account (there will be ads on occasion!) and enjoy playlists from the [1930s and 40s](#), [1950s and 60s](#), or [1970s](#).

A Night at the Theatre/Opera

Take yourself to the theatre without leaving your room or buying a ticket! A number of Stratford Festival productions are available on [CBC Gem](#). The National Arts Centre is offering [free online shows](#) for everyone to enjoy while their performing arts hall is closed. London's Royal Opera House has launched a programme of [free online content](#) for the culturally curious at home.

Other Arts & Culture

The National Film Board of Canada has a number of [free offerings on its website](#).

The Dementia Society of Ottawa and Renfrew County has an [Arts and Mind online art tutorial](#). The instructor walks participants through how to create "three sheep" with pencil crayons.

Bring the joy of song to your world with the Toronto's Choir! Choir! Choir. They are hosting regular live [Epic Social Distance-Sing-Alongs](#) People from around the world are joining in the fun.



Cognitive

Engage the brain: there are over 3300 [Ted talks](#) to stir your curiosity.

Fancy taking a free class from Yale University? [This one](#) is on how to be happier in your everyday life. First taught in 2018, it became the most popular class in Yale's history and garnered national and international media attention.

Physical

Time to get physical! The [YMCA](#) is offering some free online classes, or you could do some [on-line yoga](#).

Social

Play Apart, Together

Hallway (physical-distancing) Bingo: set up residents with tray tables in their door frame and call the numbers from the hallway.

For the board game and card game lovers, you can [play cards virtually](#) or enjoy some of the most popular [board games virtually](#) with a friend or family member.

Connect With the Outside World

Arrange virtual visits (using Facetime, Skype, Duo, etc) with families, friends and/or regular volunteers.

Send and receive postcards from random people around the world through [Postcrossing](#).

Words of Encouragement

Write words of encouragement for the team and residents – on a board in a common area, in chalk on the front walkway (ideally that residents can see from their windows).

Spiritual



In times of distress, many individuals may find comfort in their faith, and some may wish to reconnect with spiritual practices. It is important to be mindful that for some faiths, it is not considered appropriate to lead prayer electronically. Below are only a few of the available options. Check online for others based on the specific religion of the individual.

[Christian World Media](#) offers a listing of live-streamed services of various denominations. There are also recordings of previous services available to view on demand.

[Catholic Holy Masses](#) hosts live daily broadcasts of English Mass from various parishes around the world. The Masses are available at a variety of times, every single day.

[Islamic Institute of Toronto](#) is opening it's 'virtual gates' and hosting virtual halaqas.

[Vision TV](#) has a daily live-streamed mass at 8 a.m. Recordings of previous Masses also available at this link.