



Hip Hop Balloon Bop

Administrator:

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This Best Practice, Hip Hop Balloon Bop, is a fun and exhilarating approach to get residents involved in activities and to reap the benefits of exercise. The activity staff plays fun and lively music and gives each resident a noodle (the foam kind used in pools). Several balloons are used to toss around in the room and the residents are to hit them with their noodles. The object of the activity is to keep the balloons in motion and in the air. Most of the residents are in wheelchairs and can roll about to chase the balloons. There are at least two residents who can stand and “chase” the balloons.

Elderly and younger residents often suffer from joint pain, chronic pain, and loss of strength and flexibility in their upper and lower extremities. Hip Hop Balloon Bop addresses these issues by allowing residents to exercise, increase their range of motion and have fun while doing so. Sometimes the activity calendar will reflect exercise programs where residents will sit in their wheelchairs and flex their arms, necks and so forth, which often becomes routine and monotonous. Hip Hop Balloon Bop allows residents to move about and have fun and laugh. Music plays a big part of this program. You must have fun and lively music playing in the back ground so they can get into a rhythm. We play anything from oldies to today’s hip hop songs. Our favorite is “Happy” by Pharrell Williams. The nursing home staff also gets involved and cheers the residents on as they play. The majority of the residents, who participate are in wheelchairs and are able to propel themselves around the room to hit the balloons. Some are unable to propel so they are stationary, but they participate just the same. Hip Hop Balloon Bop works the resident’s upper body to maintain their strengthening and flexibility. There are two residents who are ambulatory and this promotes both upper and lower body strengthening and coordination for those residents.

The cost for Hip Hop Balloon Bop is very minimal.

25 Foam Noodles at \$1.00 = \$25.00

1 Bag of Balloons = \$ 1.00

Music – Several CD’s were downloaded and donated by staff.

Staff time is regular pay with no overtime or extra pay.

All of this was a facility cost from the Activity Department Budget. Depending on how many residents would be participating would determine the cost. Most facilities can do this activity for less than \$50.00. The only thing you would have to buy more of would be balloons.