

## Resident Testimonials

"I enjoyed the whole thing, Laughter makes me forget about the pain I feel."

"My favorite part is listening to everyone laugh"

"My favorite part was the way everyone participated."

"I am feeling silly. It's fun."

"My favorite part was the creativity of the activity."

"I liked smiling"

"I liked the ho ho ho, ha ha ha part"

"I liked that everyone was getting along and no one was crabby"

As a Therapeutic Recreation student, my special project was to develop a seated exercise program for residents at the Fairview Health Complex. Laughter Exercise is a 45 min program offered once a week.

### References

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# Laughter Exercise

What is it?



***"I feel happy because  
I'm giggling all the  
time."***

## Laughter Exercise

Laughter Exercise combines gentle seated exercise, laughter, deep breathing and meditation. Laughter Exercise uses simulated laughter that often generates real laughter.

### Laughter Exercise Goals for Fairview LTC Residents

- To improve resident's mood
- To provide residents with enjoyable physical exercise



***"I like this class. I feel good."***

## Positive Benefits of Laughter Exercise

### Residents

Residents in Long Term Care have an increased risk of depression and negative mood scores.

Laughter Exercise helps people stay fit, it strengthens the immune system, and can be a cardio workout. Laughter Exercise can improve your mood and be a healthy way to release stress.

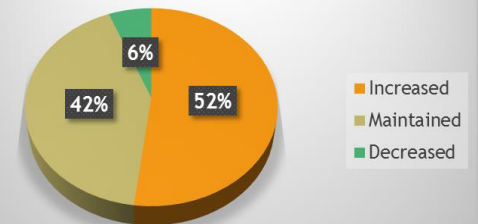
Laughter and exercise are effective non-pharmacological treatment options for older adults with limited physical and/or cognitive impairment/s residing in long term care. They have been found to decrease depression, improve quality of life and improve mood.

## Outcomes of Laughter Exercise

We used the Mood/Happiness Scale before and after each class offered twice a week for a 6 week period.

- We found that 52% of residents showed a positive increase in their mood scores over the 6 week period
- 42% of residents maintained their mood scores over the 6 week period
- 6% of residents decreased their mood scores over the 6 week period

### Average Mood Scores



***"I feel like I've taken part in something"***