ACTIVITIES FOR THE COGNITIVELY IMPAIRED IN ADCC

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A PROGRAM FOR PROFESSIONAL CAREGIVERS WORKING IN ADULT DAY CARE SETTINGS

A FOUR-PART WEBINAR SERIES

1 Part I: D E M E N T I A : It's Not Just Alzheimer's DISEASE (Impact for ADHC)

2 Part II: Working with Individuals with Agitation/Aggression

3 Part III: Working with Families

4 Part IV: Activities for the Cognitively Impaired in ADCC

Learning objectives

Define **meaningful activity**

Understand the concept of **person-centered** approach to activities and why this is vital to successful programming

Identify **common needs for different stages of dementia**

Assess, plan, implement and evaluate a **successful, individualized program**

Identify **appropriate strategies or activity adaptation**

Develop an **activity philosophy** and **learn steps of implementation and evaluation**

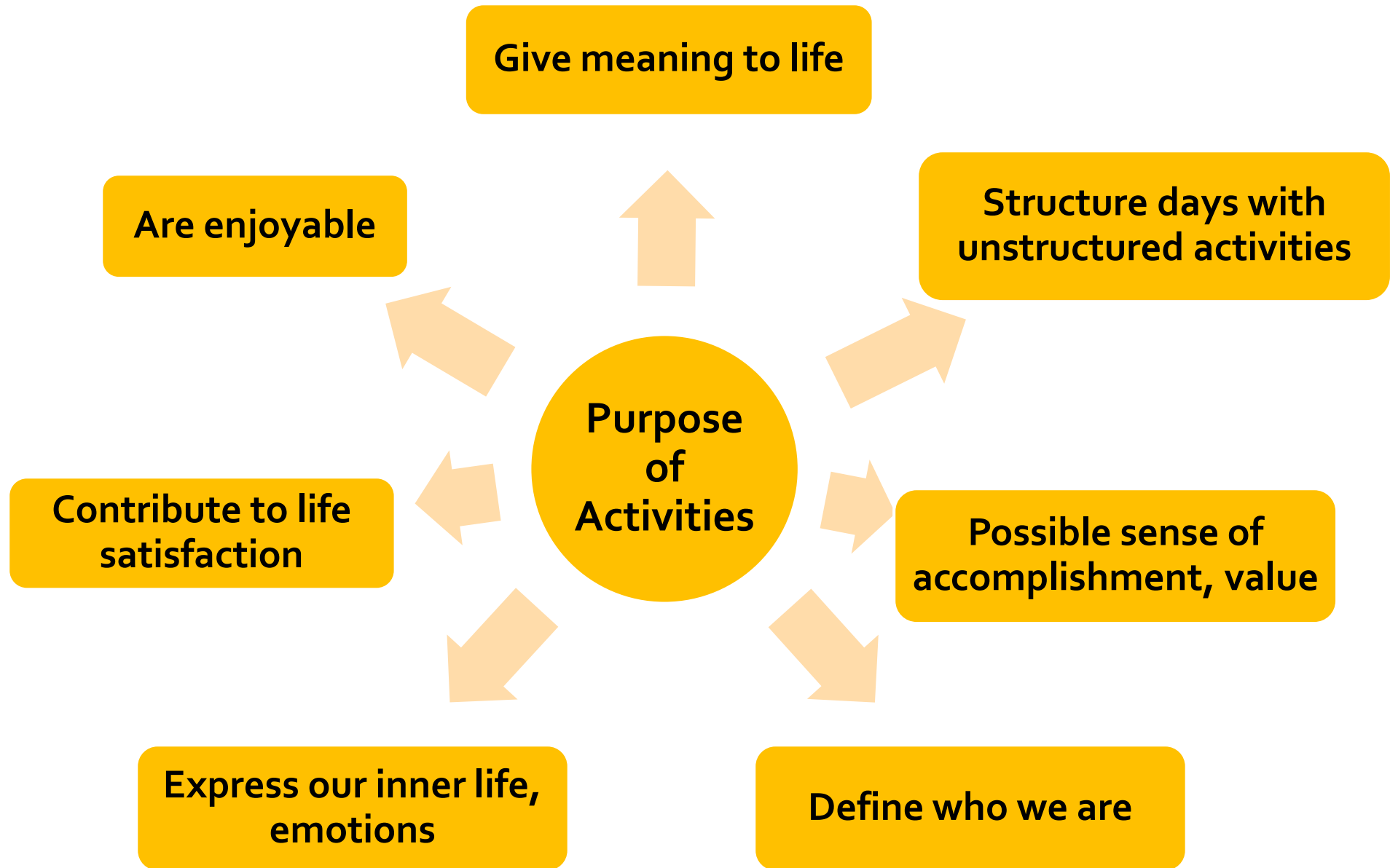# ADCC Regulations - Keywords ACTIVITIES...

...support plan of care

...are varied to meet different needs, abilities, interests

...are planned whenever the center is open; no specific hour requirement

... are posted for the month

... are kept on record for six months

...reflect encouragement but not force

Give meaning to life

Structure days with unstructured activities

Are enjoyable

Purpose of Activities

Contribute to life satisfaction

Possible sense of accomplishment, value

Express our inner life, emotions

Define who we are

How can we support and engage participants?

We make sure our activities provide:

- Structure and safety
- Support of personhood
- A focus on strengths
- Enjoyment
- Companionship and listening
- Opportunities for success
- Security and a home-like place to be
- Opportunity for self-expression
- Flexibility

Characteristics of activities that offer success to people with cognitive impairment	Person-centered
	Meet a need
	Strength-based
	Multi-sensory
	Small steps
	Failure-free
	Adaptable
	Meaningful
	Appropriate
	Use old skills

Meaningful and Appropriate

Meaningful

- Reflects life history/work
- Meets needs
- Cohort
- Sense of purpose
- Sense of belonging
- Culture
- Enjoyable
- Encourages independence
- Process-focused (not end result)
- No wrong answer

Appropriate

- Safe
- Meets physical/medical needs
- Meets emotional needs
- Cognitive status
- Age & gender

An **activity** is successful when it…

- Is individualized based on assessment *(and appropriate for level of dementia)*
- Is appropriate within the existent environment
- Is strength-based
- Promotes independence
- Is supported by regularly trained staff
- Delivers effectively through our approach and communication
- Considers the person's past occupations, hobbies & culture
- Involves all staff in activities
- Respects the person's dignity
- Is enjoyable to the person

Symptoms and Strengths Chart:
EARLY STAGE OF DEMENTIA

Common Symptoms

- Problems coming up with right words
- Trouble remembering names
- Trouble performing tasks
- Forgetting material one has just read
- Trouble planning and organizing
- Forgetting recent events
- Mood changes

Common Strengths

- Ability to express oneself verbally
- Ability to converse intellectually
- Understanding spoken language
- Ability to engage in work
- Ability to self-advocate
- Ability to write
- Ability to use memory strategies
- Intact long-term memory
- Ability to continue using technology
- Intact emotions
- Imagination, desires
- Spiritual being

Symptoms and Strengths Chart:
MIDDLE STAGE OF DEMENTIA

Common Symptoms

- Problems recalling current address, telephone number
- Confusion with date, time
- Difficulty choosing appropriate clothing
- Loss of recent experiences and surroundings
- Changes in sleep patterns
- Wandering or becoming lost

Common Strengths

- Ability to express some thoughts, feelings or ideas
- Ability to engage in conversation
- Visual awareness
- Possible ability to write
- Possible ability to read some words
- Ability to enjoy some physical activity
- Ability to recall some past memories
- Ability to engage in modified work
- Ability to recall familiar songs
- Ability to gain pleasure from activity
- Emotions intact
- Desires, imagination
- Spiritual being

Symptoms and Strengths Chart:
LATE STAGE OF DEMENTIA

Common Symptoms

- Trouble with bowel and bladder control
- Significant personality and behavior changes
- Decreased ability to respond to environment
- Needing total assistance for ADL's

Common Strengths

- Possible awareness of the presence of others
- Possible response to touch
- Ability to hear
- Possible communication through facial expressions
- Ability to gain pleasure from activity
- Emotions
- Desires
- Spiritual being

Activity Categories

- Self-care
- Productive/work related
- Recreation/leisure
- Social
- Creative/sensory
- Spiritual/insightful
- Physical
- Intellectual
- Relaxation

Types of Interactions

Task-centered

Person-centered

Therapeutic engagement

Person-centered interactions and therapeutic engagement are the most successful approaches with those who are cognitively impaired!

What Might an Activity Look Like?

Size
- Individual
- One-to-one
- Small group
- Large group

Composition
- Mixed
- Specialty
- Clusters
- Others

Taking it to the Next Step – Putting Reason into ACTION

Designing the Program

- Keeping **activity philosophy** in perspective
- Following a rigorous **program cycle**
  - Assess/Design OR
  - Plan/Implement/Evaluate
- **Person-centered**
- **All-staff** involvement
- Providing appropriate **level of assistance**
- Ensuring **staff training**
- Meeting **regulatory requirements**
- Providing volunteer base and **family involvement**
- Maintaining it well-balanced across domains
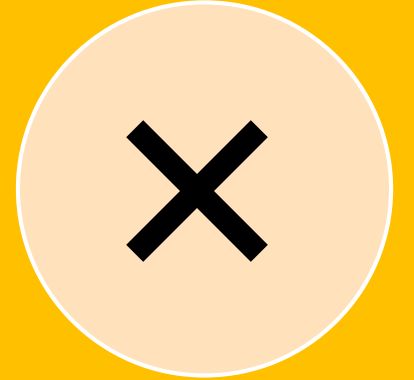
Issues and Challenges

Staff training

Management support

Family involvement

Transitions

Lack of participant/family participation

Do your homework and **remember** a couple of quotes!

If you always **do** what you have always **done**…You will always **be** what you have always **been**. Don't be afraid to try something new.

It is better to **stumble** than to never start.

Review your handouts, resource lists, tools for the series.

Have you completed a SWOT analysis for each webinar topic? Now do one for your entire program. HOLISTIC VIEW.

What's Next?

Watch for future training opportunities from the VCU/DSS partnership!

Call us with questions at:

- 804.828.1565

Find us on

- Website: http://www.sahp.vcu/gerontology/
- Email: agingstudies@vcu.edu
- Be sure to "like" us on Facebook
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2. Following the certificate request, you must complete the required questions in order to receive your certificate.

3. All persons requesting a certificate will be cross-checked with the roster to ensure payment has been received. If payment has not been received, someone will be in touch.

Now that you've completed the entire series, you may request your certificate!

We would appreciate any and all feedback about this program as we work to finish the second webinar series titled "Gerontology Boot Camp", out late Summer 2017.

You have the opportunity to leave feedback via the evaluation form included after the certificate request form.

Please contact Jennifer Pryor with any questions: pryorjm@vcu.edu

THANK YOU