

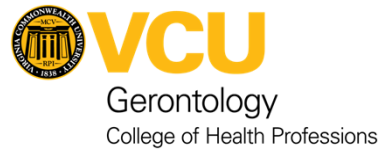
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## *Activities for Persons Living with Cognitive Impairment*

Presenter: Ellen Phipps, CTRS, MSG  
VP, Programs and Services, Alzheimer's Association Central and Western Virginia

Developed by: Ellen Phipps, CTRS, MSG, Judy Hennessey, MEd, RN and  
Jay White, MSG

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## Series Outline

### Part I

- Building a Person-centered Foundation

### Part II

- Building a Strength-based Program

### Part III

- Adaptation and Communication through the stages of AD

### Part IV

- **Regulations and Additional Resources**
  - A, or
  - B

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## PART IV:

### Regulations and Additional Resources

#### *IV-A. Program design, regulations and resources*

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## Participation in this workshop will enable you to gain understanding of:



**Leading Activities  
with Success in the  
Adult Day Care  
Setting**



**Regulations**



**Resources**

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## Recap Parts 1-3

Person  
Centered Care  
and QOL

Meaningful and  
Appropriate  
Activities

Understanding  
Cognitive  
Impairment

Aspects of the  
Environment

Activities  
through the  
stages

Program  
Design

Working with  
Groups

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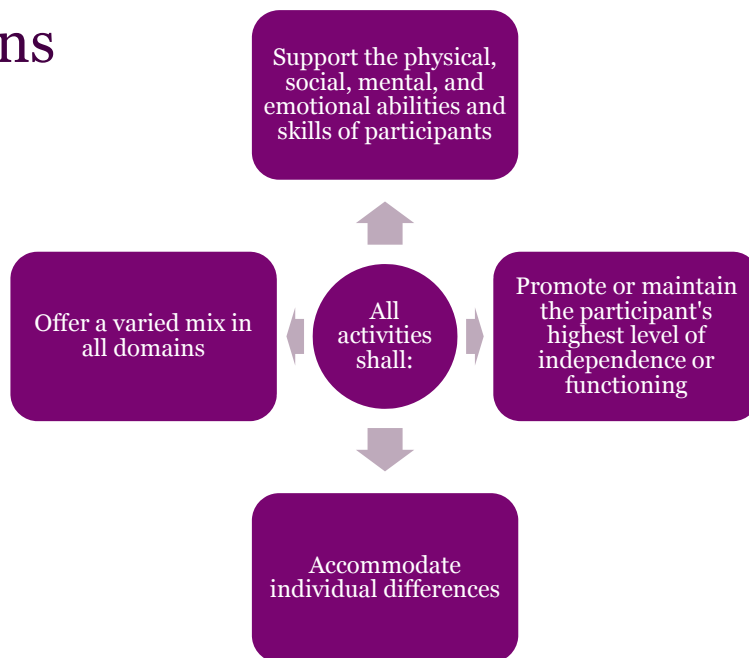
# The Regulations – Adult Day Health

## Key Words:

- Activities support plan of care
- Varied to meet needs, abilities, interests
- Planned activities whenever the center is open; no specific hour requirement
- Month's schedule posted
- Records kept for six months
- Encouragement but not force

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# Regulations



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## Activity Program Requirements

Participants must be informed of activities

Participants are to be encouraged by staff to participate in activities

Activities are to be planned in consideration of abilities, physical conditions, needs and interests of participants

Promote access to the outdoors

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## Recap: What Type of Activities?

Provide activities to help each person:

Feel valued

Feel sense of accomplishment

Reach a level of life satisfaction

Be as independent as possible

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## Recap: What Type of Activities?

Appropriate  
=  
Respect for  
person's:

- Age
- Beliefs
- Culture
- Values
- Life experiences

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## Traditional Assessment Sources

Participant

Physician, hospital  
and other health  
professional  
notes/assessments

Previous facility or  
activity program  
notes/assessments

Spouse, children,  
grandchildren,  
siblings, or other  
family members

Previous  
professional care  
giver

Notes from  
admissions/social  
work department

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## Non-Traditional Assessment Sources



Memory or scrapbooks,  
photo albums, journals



Friends and visitors



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## Recap: Individual Service Plan/Plan of Care

- Description of identified needs
- A written description of what services will be provided and who will provide them
- When and where the services will be provided
- The expected outcome and date of expected outcome.

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## Recap: Putting It All Together

You have learned about:

- ▶ Person Centered Care and Quality of Life
- ▶ Cognitive Impairment
- ▶ The concept of meaningful and appropriate activities
- ▶ The Assessment and The Individual Plan of Care
- ▶ You know your regulations

So.....

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## Calendar Development

Activities on the calendar reflect the needs of the individuals in the program based on the Assessment.

The activities on the calendar should provide stimulation or solace; promote all domains - physical, cognitive and/or emotional health

The CALENDAR promotes self-respect by providing activities that support self-expression and choice.

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*Please pause the webinar and watch:*

<https://www.youtube.com/watch?v=7Eko4qjT-xQ&t=444s>

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## Tips for Success

Importance of **trust building**

Encourage **independence**

Be **flexible** - if the chosen activity does not work, try another (document)

Focus on “**process**” rather than finished “product”

Be **mindful of the Environment**- how can you influence the environmental factors that will have an impact on activity engagement?

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## Resources

- Validation – *Naomi Feil*
- Best Friends Approach: *David Troxell, Virginia Bell*
- Montessori Approach to Dementia Care – *Cameron Camp*
- Namaste approach to end of life care

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## Non-pharmacological approach to activities

### *Some examples:*

- Aroma therapy (Lavender / baking)
- Auditory – wind chimes / other sounds
- Bird Feeders
- Creative Arts
- Dance
- Drama / Theatre / role play
- Exercise
- Fish tanks
- Horticulture / flower arranging
- Massage
- Multi-sensory approach – Snoozelon
- Sensory boxes / aprons
- Mobiles
- Music – making / listening
- Pet therapy
- Poetry
- Reminiscence (photo albums)
- Story telling – ex. Timeslips

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## Music - Henry

<https://www.youtube.com/watch?v=QG7X-cy9iqA>

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**The creative Arts focus on strengths, not limitations**



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## Benefits

- Promotes dialogue
- Focuses attention
- Allows for creative interpretations
- Triggers long-term memories
- Heightened mood due to positive social interactions
- Engages people
- Gives people a voice

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## Art viewing – person-centered

Questions are  
designed to  
focus on

- What **THEY** see
- What **THEY** think
- Questions designed to spark creative ideas
- All answers are acceptable

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## Art viewing



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## Adult Day Intergenerational



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## **Volunteers: The Recipe for Activity Programming**

Volunteers are the backbone to many Activity Programs

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## Why Do People Volunteer?

- Job satisfaction
- Sense of achievement
- Learn
- Meet people
- Be helpful
- Be involved in a cause / desire to give back
- Other?

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## How to Keep Volunteers

- Treat it like a job with job descriptions, interviews, support
- Match the volunteer to the job
- Offer comprehensive orientation and training
- Have a “point person” to be accessible
- Be flexible
- Provide constructive feedback
- Recognition – can be simple, but important!
- Involve them in planning

***LEAD BY EXAMPLE!!!***

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# Engage



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# Engage



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**Music –  
Bell Choir**

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**ART**

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## Activity First Aid Kit

- Trivia book or mind jogger book
- Bubbles
- Sing-a-long tape or CD or Youtube
- Reminiscing game
- Nail cleaner, polish, cotton balls
- Disposable camera
- Colored pencils and drawing paper
- Balloons (for a game of balloon toss)
- Small photo album with pictures of children, animals, scenery, food, etc.
- *Other?*

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## *Stop and Watch:*

<https://www.youtube.com/watch?v=9Y6LCpL8HUU>

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