



Activities for Persons Living with Cognitive Impairment

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VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



VCU

Gerontology

College of Health Professions

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**



PART IV:

Regulations and Additional Resources

IV-B. Program design, regulations and resources (Assisted Living)

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



**Leading Activities with
Success in the Assisted Living
Setting**



Regulations



Resources

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

The Regulations – Assisted Living

Key Words:

Activities support plan of care

Varied to meet needs, abilities, interests

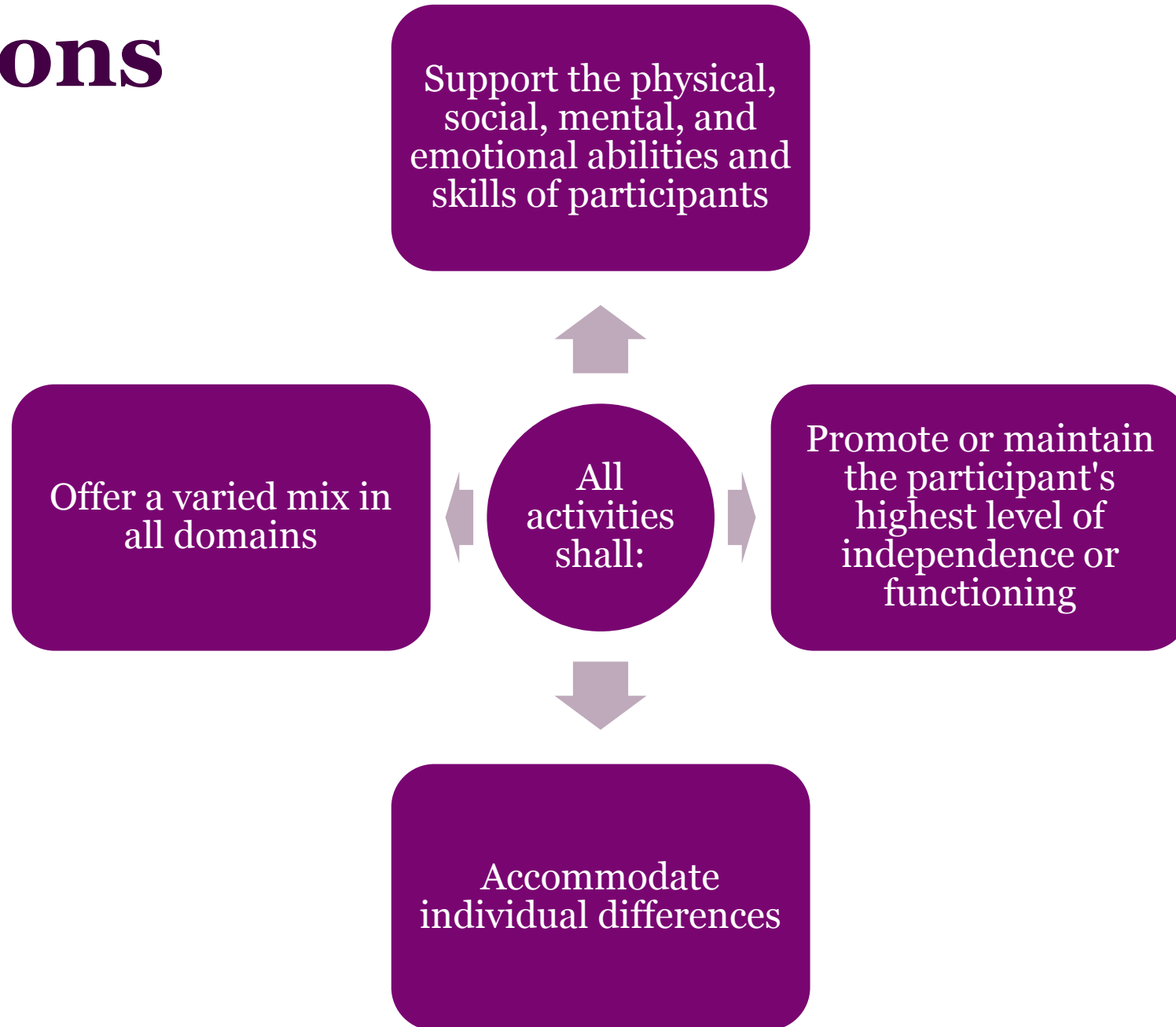
Planned activities whenever the center is open; no specific hour requirement

Month's schedule posted

Records kept for six months

Encouragement but not force

Regulations



Activity Program Requirements **NEW!!**REGULATIONS

- For assisted living programs with a mixed population (persons with a diagnosis of some form of dementia but not requiring a secure unit) the hours are a **minimum of 14 per week** with a minimum of one hour each day.
- For a secure unit the hours are increased to a minimum of 21 per week with a minimum of two hours per day. This may have to be multiple short activities for persons with a shorter attention span.
- Schedule of monthly activities must be posted.
- Schedule must be retained for at least 3 months.
- What your company requirements are.



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



Not only SCHEDULED activity

Unscheduled staff and resident interaction throughout the day that fosters an environment which promotes socialization opportunities for residents.



Resident Rights

- Confidentiality
- Choice
- Dignity
- Individuality



Documentation

- Use blue or black ink
- When you make a mistake, cross through the word or item with one line and then initial
- Print legibly
- Do not assume or judge
- K.I.S.S. (Keep it sweet and simple)
- Use only the abbreviations that all readers will understand

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

Recap: What Type of Activities?

Appropriate
=
Respect for
person's:

- Age
- Beliefs
- Culture
- Values
- Life experiences

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



Non-Traditional Assessment Sources

- Memory or scrapbooks, photo albums, journals
- Belongings in the individual's room (i.e. books, paintings, certificates, memory box)
- Friends and visitors from church, work, community



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.



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.....



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.



Please pause the webinar and watch:

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



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?

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

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



Music - Henry

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

The creative Arts focus on strengths, not limitations





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



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

Art viewing



Adult Day Intergenerational





Engage families



Volunteers: The Recipe for Activity Programming

Volunteers are the backbone to many Activity Programs



Why Do People Volunteer?

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



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!!!

Engage



Engage



Music – Bell Choir





ART





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?*



Stop and Watch:

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



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