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Technology: A Key to Involving Interdisciplinary Staff in Quality Resident Engagement

Presented by
Sarah Kneisler , Senior Innovative Solutions
Terry Gross, Linked Senior
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Learning Objectives

- Learn about current research regarding non-pharmacological strategies for elders with dementia
- Learn/understand how interdisciplinary staff can offer resident-specific programming
- Demonstrate how technological programming can be used to promote shared interests

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Behavioral Interventions

- Reminiscence: Best used in the early to middle stages
- Screaming: Music and Touch Therapy
- Massage Therapy
- Simulated Presence Therapy
- Contact with animals
- Snoezelen Multi-Sensory Technique
- Sensory Stimulation
- Therapeutic Humor
- Exercise/Outdoors
- Music during bathing and meals
- Bright light
- White noise

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Reduce Antipsychotics: Focus on Strengths/Abilities/Interests

- Montessori in Dementia Care
- Johns Hopkins study
- CMS
- Linked Senior Case Study

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Determining Meaningful

- Dr. Christine Kovach, UW-Milwaukee
- 10 minutes/day of meaningful human interaction
- Do **each** of your elders receive this amount?



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F248

The _____ must provide an ongoing program of activities designed to meet, in accordance with the comprehensive assessment, the interests and the highest practicable physical, mental and psychosocial well-being of each resident.

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CMS Surveyor Training 2006

"It is **not** possible for a few people in an Activities department to be able to provide individualized activities for the entire population of the facility, therefore, the writers of the regulation chose to make it the responsibility of the facility as a whole to fulfill this important mandate of the OBRA '87 law."

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Survey Protocols

- Interviews with Staff
 - Activities
 - Knowledgeable of their role
 - CNAs
 - Social Services
 - Nursing Staff

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What is Leadership's Role?

- Facilitating this conversation/this environment
- Response to falls
- Response to changing elder needs/abilities/preferences
- Response to antipsychotic use and trial of non-pharmacological interventions first

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Quote from an Activity Director

"I went home crying almost every evening, knowing that as an activity director I had let some of my loneliest residents down. I was doing an impossible job. In the traditional nursing home and in the traditional way of providing activities, most staff spin their wheels to provide a plethora of group activities while those who are unable to engage in large groups remain lonely and isolated. Even if you provide 'one-to-one three times a week' with each lasting a whopping 15 minutes, that's 45 minutes of personal engagement. Is 45 minutes enough? Certainly not.
"I learned that 'one-to-ones' are really just a Band-Aid and don't cut it for addressing the real issue of loneliness for those living in an institution."

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Sunny Day Nursing Home Client Program Analysis

(Daughters of Israel – Sample Training Form)

	Supportive Programs	Maintenance Programs	Empowerment Programs
40 residents on Wing 2 26 acts./week	Small groups, sensory stimulation 1:1, Snoezelen	Groups/ maintain phys., cog., emo., spiritual well-being	Grps./indep. Offer self-exp., responsibility, leadership, community inv.
Number of residents in each level	13 32%	21 52%	6 15%
Number of programs planned for each level	4 15%	17 65%	5 19%

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Hillside Manor-July 2014

Total Residents	Supportive Elders	Maintenance Elders	Empowerment Elders
Monarch 29 elders	16=55%	10=35%	3=10%
Springbrook 30 elders	4=13%	20=67%	6=20%
1 st floor 59 elders	20=35%	30=50%	9=15%

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CMS Guidelines to F248

"Activities can occur at any time and are not limited to formal activities provided by the activity staff and can include activities provided by (interdisciplinary) staff, volunteers, visitors, residents and family members. All relevant departments should collaborate to develop and implement an individualized program for each resident."

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Promoting Engagement Through Shared Interests

- Card player can teach how to play different games
- Animal lover can share pictures & videos
- Traveler can share pictures, videos, travelogues
- Photographer can share pictures and teach how to take pictures
- Home beer brewer can do a PowerPoint presentation and show pictures
- Places of Origin – picture slide shows, videos, ethnic foods, fashion show

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My Dog



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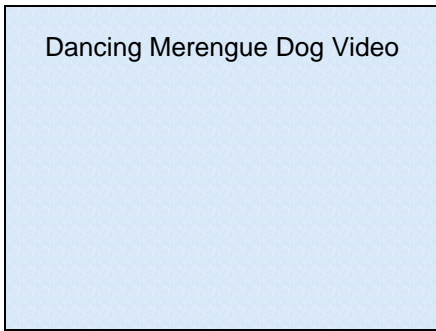
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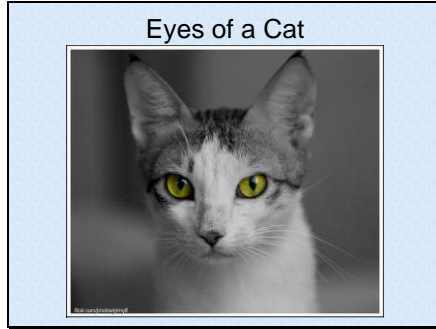
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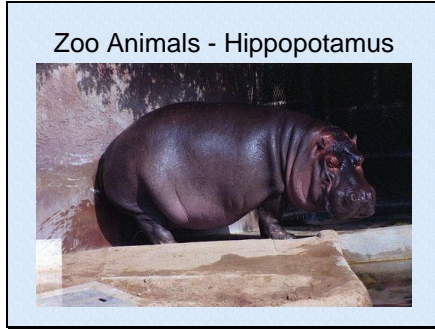
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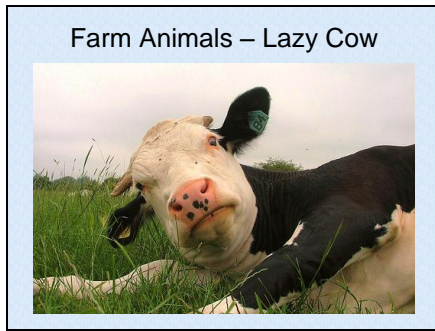
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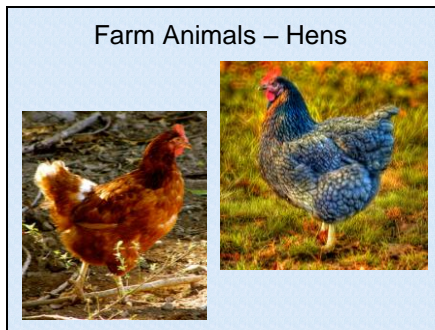
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**Beer Enthusiast
Beer Trivia**

1. What is the largest beer brewery in the US?

a. Miller/Coors	b. Pabst Brewing Co.
c. Anheuser – Busch	d. Yuengling & Son

2. True or False: The saying "mind your P's & Q's" meant watch your pints & quarts?

3. What state has had more beer breweries in it's history than any other state?

a. Virginia	b. Pennsylvania
c. Nevada	d. Kentucky

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Place of Origin – China
Hong Kong Skyline



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Place of Origin – China
Ancient Chinese Fashion



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Places of Origin – China
Food – Dim Sum - Pot Stickers



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Home Town Visits
Harpers Ferry, West Virginia



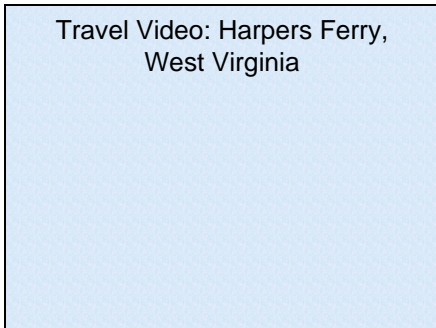
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Home Town Visits
Harpers Ferry, West Virginia



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Travel Video: Harpers Ferry,
West Virginia



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Karaoke: Let's Sing Along
"All My Loving" by the Beatles

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Let's Exercise

- Nature Video with Tai Chi Exercise

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The Tremendous Value of Humor

- Physiological evidence shows that laughter
 - Relaxes muscles
 - For up to 45 minutes following laughter-producing activity
 - Is an aerobic exercise
 - Lowers blood pressure and heart rate
 - Improves circulation

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Laughter-Inducing Video

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How can you create interdisciplinary involvement?

- Give permission for all staff to engage with elders with a good balance between work roles and relationships
 - Stressed during orientation
 - Department managers involved in one activity/month
- Interdisciplinary staff provide a spontaneous activity daily
- Job descriptions and performance evaluations

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Focus on the Benefits

- Assistance by interdisciplinary staff strengthens the community's ability to meet elder needs/highest practicable functioning level
- "Staff are not 'helping activities' but they are helping the resident!"

From: Five Steps to Great Interdisciplinary Involvement by Debby Hammet
<http://www.articles.com/Five-Steps-to-Greater-Interdisciplinary-Involvement.html> 4376383

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Involving All Staff in Alarm and Fall Reduction

Examples from Communities Around the Country

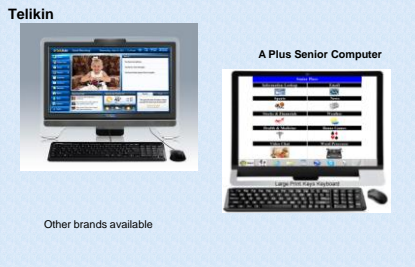
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Technology & Services



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Desktop Computers



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Interactive Program - Wii




Other brands/programs available | 24

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Subscription Program
Music & Memory

- The main music center of the brain is not affected by memory loss
- Music is a great way to engage residents with dementia



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Music and Memory
“Alive Inside” Video

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Subscription Program Music & Memory

- Cobble Hill Health Center of NYC
 - Started on the dementia unit/Resident-specific music
 - \$40.00/resident/100 iPods
 - Outcomes



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Results from a Wisconsin Facility

- Positive Responses Observed
 - Singing
 - Dancing
 - Tapping
 - Moving Head/body
 - Smiling
- Change in Behaviors
 - Decreased tearfulness
 - Decreased agitation
 - Decreased calling out

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Subscription Service Activity Connection

- Arts & Crafts
- Discussions & Reminiscence
- Cognitive Stimulation
- Gardening & Cooking
- Guy Things
- Exercise
- Puzzles & Trivia
- CD's
- And more



Other services available
