



*Where Loving-Kindness Lives*

# **Diversity and Inclusion A Perfect Mix**

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# History of organized recreation in long term care

- **Recreation**
- **Therapeutic recreation**
- **Inclusive recreation**



**Diversity**  
*the thread that holds us together*



*Growing together*

***Diversity is being invited to the party; inclusion is being asked to dance***

Verna Myers, GPSOLOeReports, June 2012, Vol.1, No.11

# **Not about me without me**

How can we learn what our residents want?

# Ways to learn

- My Story
- Family input
- Observation
- Resident Council
- What else?





# Preference for Everyday Living Inventory (PELI)

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# PELI 71 & 72

## Q71. How important is it to you to do your favorite hobbies?

Importance
<input type="checkbox"/> Very important (1) <input type="checkbox"/> Somewhat important (2) <input type="checkbox"/> Important, but can't do, no choice (5)
<input type="checkbox"/> Not very important (3) <input type="checkbox"/> Not important at all (4) <input type="checkbox"/> Non response (9)

Check all that Apply
<p>71a. Which kinds of hobbies do you like?</p> <p> <input type="checkbox"/> Collecting: _____  <input type="checkbox"/> Play an instrument: <u>Ship</u>  <input type="checkbox"/> Picnicking      <input type="checkbox"/> Singing  <input type="checkbox"/> Fishing            <input type="checkbox"/> Hiking  <input type="checkbox"/> Writing            <input type="checkbox"/> Photography  <input type="checkbox"/> Reading           <input type="checkbox"/> Ceramics/clay  <input type="checkbox"/> Fixing things/building things           </p> <p> <input type="checkbox"/> Models: _____  <input type="checkbox"/> Arts &amp; crafts: _____  <input type="checkbox"/> Dancing      <input type="checkbox"/> Crocheting/knitting  <input type="checkbox"/> Acting        <input type="checkbox"/> Drawing/sketching  <input type="checkbox"/> Painting      <input type="checkbox"/> Beading/jewelry making  <input type="checkbox"/> Sewing        <input type="checkbox"/> Wood or metalworking  <input type="checkbox"/> Other: _____           </p> <p><u>Notes:</u></p>

## Q72. How important is it to you to do your favorite activities? (MDS 3.0, F0500F)

Importance
<input type="checkbox"/> Very important (1) <input type="checkbox"/> Somewhat important (2) <input type="checkbox"/> Important, but can't do, no choice (5)
<input type="checkbox"/> Not very important (3) <input type="checkbox"/> Not important at all (4) <input type="checkbox"/> Non response (9)

Check all that Apply
<p>72a. What are you favorite activities? _____</p> <p>_____</p> <p>_____</p> <p>72b. With whom would you like to do your favorite activities?</p> <p> <input type="checkbox"/> Roommate                      <input type="checkbox"/> Other residents                      <input type="checkbox"/> Children  <input type="checkbox"/> Grandchildren                <input type="checkbox"/> Brother                                      <input type="checkbox"/> Sister  <input type="checkbox"/> Spouse/significant other    <input type="checkbox"/> Friends: _____                      <input type="checkbox"/> Other: _____           </p> <p><u>Notes:</u></p>

# All people need ...

- A sense of identity
- Connectedness
- Security
- Meaning





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# How important is it?

## Long-Term Care and a Good Quality of Life: Bringing Them Closer Together

Rosalie A. Kane, DSW

*The Gerontologist*

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*2001*

# 11 Essentials for QOL

- Security
- Comfort
- *Meaningful activity*
- Relationships
- *Enjoyment*
- Dignity
- Autonomy
- Privacy
- *Individuality*
- Spiritual well-being
- *Functional competence*