

Person Centered Approach to Meaningful Activity Engagement

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Culture and Activities

- Language and Communication
- Ideas and beliefs
- Customs, rituals, ceremonies, celebrations
- Family structure
- Roles of individual members
- Rules of interaction
- Food preference
- Dress and personal hygiene
- History and traditions
- Education
- Perception of work and play
- Perception of time and space
- Attitude towards pets and animals

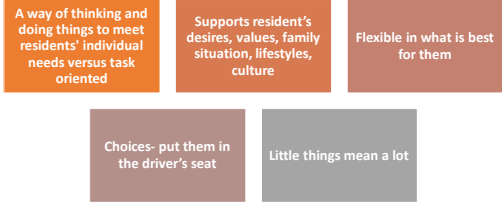
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Programming for your seniors

- Independent versus Group
- Generational- Baby Boomers
- Lifestyles
- Technology
- Memory Care
- Person-centered approach

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What is Person-Centered?

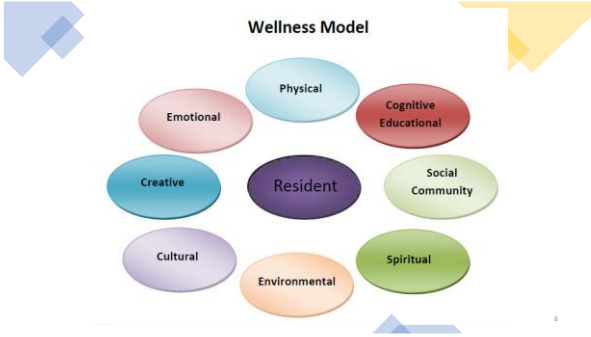


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Person-Centered Activity

- What is activity?**
- Purpose of activities**
- What make a good person-centered activity?**
 - Has personal identity and history beyond medical and functioning status
 - Relevant to specific needs, interests, culture, background, etc.
 - Meets emotional and psychological needs
 - Therapeutic – not just time-filling
 - Stimulates remaining strengths
 - Variety of stimulation
 - Need to involve, not just watch the activity
 - Has purpose and immediate feedback

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What to Assess

- Does the assessment include skills, abilities, needs and limitations for;
 - Physical; mobility endurance
 - Cognitive; memory, attention span
 - Psychosocial; values, coping skills, behaviors, relationships
- Communication
- Precautions
- Past, current, potential interests
- Lifestyle, habits, routines, individual preferences
- Lifelong activities
- Life goals
- Spiritual/religious considerations

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Choosing the Activity for Dementia

- Based on assessment: interests, habits, routines, preferences
- Habitual and long-term care memory retained... Green Beans!
- Continuous evaluation of appropriate activities
- Need variety of stimulation but familiarity
- Simplify- break into steps-
- Rummaging- a "no-fail" activity
 - Can be a successful activity
 - Looking through items and reminisce

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One to One Programming

- Definition of 1:1
- Determine the need for a 1:1 program
 - Do they choose to stay in their room
 - Why
- Are they pursuing their own activity?
- What is their functional level?
- Could the resident benefit from a small group setting instead?

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5 Stages of a One to One Program

- Who are we planning for: define and assess
- Why was the activity chosen?
- Whose needs are being met?
- What resources are needed?
- When and where will the activity occur?

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Sensory Intervention

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Sensory Memory

- Comes through sense of smell, touch, taste, hearing and seeing
- Imprints quickly
 - Smell wood burning & think of campfire
 - Juicy fruit gum
 - Brut cologne



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Procedural Memory

- Preserved abilities in dementia
- Habits/skills (reading)
- Environmental cueing (stop sign)
- Motor learning (green beans)

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Sensory Intervention

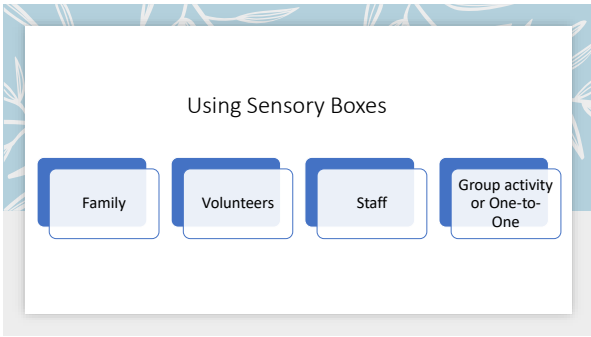
Kinesthetic awareness exercises	<ul style="list-style-type: none"> • Flex & extend parts of body while sitting
Tactile stimulation activities	<ul style="list-style-type: none"> • Feel objects (e.g., balls, sponges, wood, etc.) • Answer questions about sensations, preferences, and feelings
Smelling activities	<ul style="list-style-type: none"> • Smell sharp or distinct substance- connection • Answer questions about feelings & uses of substances
Listening activities	<ul style="list-style-type: none"> • Sounds through media like records, clapping, songs, etc.
Tasting activities	<ul style="list-style-type: none"> • Taste contrasting foods like candy & pickles
Visual activities	<ul style="list-style-type: none"> • Mirrors, colorful objects

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Activity Sensory Boxes

- Stimulate senses
- Encourage conversation
- Provide enjoyment
- Reflect on history
- Not just for low functioning

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Making Sensory Boxes

- Determine a topic or theme
 - General use
 - Specific resident
- Gather objects that align with the 5 senses
 - Familiar items for the resident
 - Objects that the resident can touch, manipulate
 - Don't limit to one object per sense
- Include starter questions
- Use shoeboxes, bags, toolboxes, suitcases, etc
 - Decorate to the theme
- Enlist the help of staff to create boxes

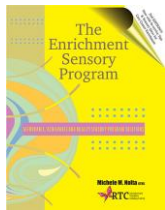


Google Images

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Sensory ideas

- Backrubs
- Facials
- Brush hair
- Lotion
- Music
- Aromatherapy
- Pets
- Outdoors




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The Art of Activity Engagement

A look at what's to come

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SENIOR LIVING
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Engagement
Technology
Internet, DJ's and Podcasts
Dining and Food
Culture and Traditions
Intergenerational
Dementia
Activities

www.argentum.org

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Lifestyles

- Boomer Niche
- Services that appeal to the senior
- Margaretville
- Alternative therapies
- Emerging technologies

Latitude Margaritaville - Defining a 55-70 Niche and Fulfilling Its Needs
By Andy Scott/Mike Hill, 2018 (16 comments)



Let's golf, more fun in the sun. That's one of the demands of the active 55-70 year olds filling up two Latitude Margaritaville properties in beach communities Daytona, FL, and Hilton Head, SC.

The two developments are part of a collaboration between Merlo Communities.

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Engagement

- Technology has taken on a new role in facilities and activity programs
- Solution to engage residents with loved ones during COVID
- Paved the way to innovative programs
- Saw gaps in technology; lack of Wi-Fi, support of devices, training, and help with engagement tools
- Wake up call.... Baby boomers



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Engagement is Everything



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Individual versus group programs

- Person Centered and Individualized
- Catering to specific needs especially senior housing
- Clubs
- Community connection
- Leisure interest survey/assessment
- Learning opportunities
- Scheduling, times of programs
- Resident lead

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Dining and Food

- Power to bring people together- a social component/hub
- Well-designed spaces, interactive opportunities, shared food traditions
- Culinary options
- Happy hour
- Live entertainment
- Wide-selection of food
- Grab and Go
- Teaching kitchen- hands on classes, streaming live "food network"
- Food fundraisers for charity of the month
- Open kitchen in center of dining area- see food prepared, chat with chef
- Social hub before meals
- Activity room nearby to spark interest, anticipation and socialization

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Culture and Traditions

- Brings community together
- Taste and memories
- Hands-on cooking demos bring back memories
- Online ordering
- Apps with nutrition information



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Food Centered Engagement Ideas

- Food trucks
- Farmers market
- Picnic outside
- Student chefs
- Local chefs
- "What's in Season" tasting
- Herbs and spices
- Nutrition classes
- Cooking for one, microwave ideas
- Environmental
- Table decorations for the season
- Sharing traditions, culture – staff and residents
- Planned meals by groups of residents

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Activity Challenges

- Methods and ideas during pandemic- keep long term, especially technology
- Person Centered Approach
 - Key to engagement
 - Start with person- what are their goals, what is their fulfillment to them
- Holistic approach to programming and dining
- Today's AD must be
 - resourceful and efficient
 - Tech savvy
 - Embrace new and ever-changing role
- Resident programming has changed- some changes permanent

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Thank You!

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