

Dementia Care and Individualized Engagement

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Daily Pleasures/Passions

Name one of your daily pleasures:
What do you do everyday no matter what?

Name 3 passions/pastimes that you cannot live without

Build your programs around the daily pleasures and passions of residents!

Getting to Know the Individual

<https://preferencebasedliving.com/peli-tools>

Using the new PELI (Preferences for Everyday Living Inventory) is designed to:

- ▶ Document the lifestyle preferences of older adults
- ▶ Provide information to caregivers to assist in customizing care delivery
- ▶ Can be obtained by google search or from the Advancing Excellence Website
- ▶ Used in a variety of settings

Preferences for Everyday Living Inventory

<https://preferencebasedliving.com/peli-tools>

- PELI-NH-Full
- PELI-NH-Mid Level (briefer interview)
- MDS 3.0 Section F PELI Items
- Introduction to the PELI with Short-Stay residents
- Rainbow PELI-Addresses needs of LGBT residents
- ▶ PDF downloads

Using the PELI to enhance individualized programming

Q71. How important is it to you to do your favorite hobbies? !!!!!
71a. Which kinds of hobbies do you like?
Collecting: _____ Models: _____
Playing an instrument: _____ Arts and Crafts: _____
Picnicking, Singing, Dancing, Knitting/Crocheting, Fishing, Hiking, Acting, Drawing/Sketching, Writing, Photography, Painting, Beading/Jewelry making, Reading, Ceramics/Clay, Sewing, Wood or metalworking, Fixing/building things
Other: _____ Notes: _____

Using the MDS/PELI to enhance individualized programming

Q72. How important is it to you to do your favorite activities? (MDS 3.0 FO500F)
72a. What are your favorite activities? _____
72b. With whom would you like to do your favorite activities?
Roommate, Other residents, Children, Grandchildren, Brother, Sister, Spouse/significant other, Friends, Other:
Notes: _____

Using the PELI to enhance individualized programming

Q41. How important is it to you to spend time by yourself?
(Check all that apply)

41a. In which ways do you like to spend time by yourself?
Reading, Lying down, Looking out the window, Thinking
Meditating, Praying, Watching a movie, Listening to music
Napping, Crossword puzzle/games Other: _____

41b. In which places do you like to spend time by yourself? Bedroom, Outside, Other: _____

Notes:

Using the PELI to enhance individualized programming

Q42. How important is it to you to spend one-on-one time with someone? (Check all that apply)

42a. Which people do you like to spend one-on-one time with?
Spouse, Significant other, Children, Grandchildren, Brother, Sister, Staff, Roommate, Other residents, Friends, Other:

42b. What do you like to do with someone one-on-one?
Catching up, Discussing care, Discussing facility, Playing games Other:

Notes:

Using the PELI to enhance individualized programming

Q55. How important is it to you to go outside to get fresh air when the weather is good? (MDS 3.0, Section F)

55a. In which type of weather do you like to go outside?
Sunny, Rainy, Snowy, Hot, Cloudy/Overcast, Warm, Cool, Cold
Other:

55b. Which things do you like to do outside when the weather is good?
Sit, Tanning, Talk/Visit, Work/outdoor tasks, Nap, Garden, Smoke, Watch the birds/wildlife, Play, Eat/Drink, Walk Other:

55c. How many times do you like to go outside in a week?
Daily, 2-3 times a week, 4-5 times a week, Once a week Other:

Using the PELI to enhance individualized programming

Q58. How important is it to you to be around animals such as pets (MDS 3.0, Section F, FO500C)

58a. Which kind of animals do you like to be around?
Dogs, Fish, Horses, Hamsters/Guinea pigs, Cats, Birds, Reptiles, Other:

58b. Which type of contact do you enjoy with animals?
Holding it on your lap, Feeding, Playing with, Riding, Petting, Watching, Other:

58c. Are you allergic to animals? Yes/No
If yes, what kind? Notes:

Using the PELI to enhance individualized programming

Q45. How important is it to you to be a member of a club?
(Check all that apply)

45a. Which kind of club(s) did you enjoy in the past?
Book club Glee club Crochet/knitting club Card club
Computer club Outdoors club Church club Religious club
Political club Elks VFW American Legion Red Hat Society Other:

45b. Which kind of clubs do you enjoy now?
Book club Glee club Crochet/knitting club Card club
Computer club Outdoors club Church club Religious club
Political club Elks VFW American Legion Red Hat Society Other:

Notes:

Getting to Know the Individuals

Life Stories/Photographs
Shadow Boxes or Displays
Photo/Autobiography books
Memory Boxes
Family Activity





Activity Professionals

“Professionally-offered person-centered care”
History of activity provision
The 3 B's*
Moving forward as professionals

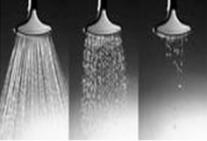


The Importance of Quality Programming

Perrin Time Studies—1997
Medical procedures, meals, programmed activities
Periods between events...endless cycle
Withdrawal and isolation
Anxiety and agitation
Variety and spontaneity...engagement

Is this how we deliver activities?

“Sprinkler Activities”



Determining Meaningful

ENRICH@: www.enrichvisits.com
Cognitively-stimulating activities at least 15 minutes per day
Do each of the individuals you serve receive this?

Meaningful engagement

“One size does not fit all”



How are we currently evaluating our programs?

Numbers of individuals attending programs
Individuals attending a large number of programs
Numbers of activities displayed on the activity calendar

How might we wish to evaluate our programs?

Engagement offered 24 hours/day, 7 days/week, 365 days/year
All staff offering engagement opportunities
Individual engagement encouraged over attendance
Individual vs. staff driven programs

How might we wish to evaluate our programs?

Continuation of the 4B's as appropriate
Fewer large group activities with more small group and 1:1 activities that are person-centered
Spontaneous vs. scheduled programs

How might we wish to evaluate our programs?

Multiple programs to meet individual interests/passions taking place simultaneously
Lounge Program
Activities that contain multiple areas of interest/appeal for various learning styles, attention spans or abilities

How might we wish to evaluate our programs?

A variety of refreshment choices offered
Restorative and therapy staff work cooperatively with activity staff to insure that these programs meet the definition of meaningful engagement
Do our programs offer the appropriate challenge?*

How are we currently evaluating our programs?

How many people play ball toss in their spare time?
How many people get up at 5:30 AM, get dressed immediately and then go to the dining room?
How many people play bingo on a weekly basis/or more? Do we create that desire?
Do the activities we offer occur as a daily part of life?

How might we wish to evaluate our programs?

Success achieved in fall and alarm reduction
Success achieved in reduction of target behaviors
Success achieved in psychotropic medication use
Highest practicable level of functioning

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%

Hillside Manor: May 2017

Total Residents	Supportive Residents	Maintenance Residents	Empowerment Residents
1 st floor 58 residents	33=56.9%	17=29.3%	8=13.8%
2 nd floor 28 residents (no TCU)	6=21.24%	9=32.14%	13=46.43%
Both floors 86 residents	39=40%	26=30%	21=30%

Challenges of Large Group Activities

Different levels of cognitive ability*
 Different levels of physical abilities
 Varying attention spans
 Stimulation tolerance*
 Constant "traffic"
 Too many individuals in the room at one time (for one leader)

"Successful participation is the main goal---quality, not quantity"

Music Therapy Practices in Integrated Dementia Programming" by Angela Fabian MEd, WMIR

The Importance of Large Groups

Meet the needs of the majority of residents

- o Assistance of other staff/volunteers to involve individuals/awareness of attention spans and individual needs/encourage participation
- o Conducted by staff, volunteers, families, etc.
- o Essentially appropriate to empowerment and maintenance individuals or for supportive individuals for short periods

The Importance of Small Groups

Target individuals with specific interests: Clubs
 Include individuals based on abilities and attention spans
 Encourage staff, volunteers, families to share their strengths in meaningful ways
 Assist the nursing team in providing critical restorative care

The Importance of Individualized Activities

Meet the needs of supportive individuals
 Involve individuals in "passions" that are specific to them at all functioning levels
 Provide in-room/specialized activities to those individuals receiving therapy

- o Support therapy goals
- o Provide meaningful activity within interests/energy levels

More One-to-Ones/Small Groups? Where does the time come from?

- Transportation time
- Planning time for special large events
- Multiple small activities simultaneously
- Repetition of passion-related interests

Activity Breakdown: Early Stage Dementia

Activities that focus on the whole task

- Following a recipe to bake a cake
- Potting bulbs for spring
- Making a birthday card

An appropriate assessment such as the Pool Activity Level (PAL) Instrument for Occupational Profiling (2012) will help in identifying what level the person with dementia is functioning at and will give guidance on how to structure the sensory activity at the right level.

Activity Breakdown: Moderate Stage Dementia

Activities that focus on the individual steps of the activity

- Kneading dough, Whisking the eggs
- Filling flower pot with compost, Pushing bulbs into the compost, Watering the planted bulbs
- Cutting out template, Matching tissue paper colors, Sticking cut out shapes onto birthday card

Activity Breakdown: Late Stage Dementia

Activities that focus on the sensory part of the activity

- Tasting a freshly baked cake, smelling the cake cooking
- Rubbing fingers in the soil, sorting bulbs
- Scrunching tissue paper, sorting shapes

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."

Encouraging Engagement

Offer an individual 10 seconds every time you pass by

- Late night television
- Sports enthusiast
- Weather
- Joke of the day

Creating Interdisciplinary Involvement

Give permission for all staff to engage with individuals 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

Focus on Benefits for the Residents

Assistance by interdisciplinary staff strengthens the facility's ability to meet resident need/highest practicable functioning level

"Staff are not 'helping activities' but they are helping the resident!"

From: Five Steps to Great Interdisciplinary Involvement" by Debby Hammel.
<http://ezinearticles.com/?Five-Steps-to-Greater-Interdisciplinary-Involvement&id=4376983>

Job Descriptions and Performance Evaluations

If we survey for tasks we will get tasks.

If the job descriptions and performance evaluations are about tasks we get tasks, if about relationships, we will get relationships

Making Dreams Come True

- ▶ Video from Second Wind Dreams
- ▶ From You Tube: "Dreams Promo 2017"
- ▶ Discussion to follow

Goals for Implementation

Based on today's seminar, what will your goals be?

Thank You!

It's time for questions

Further questions:
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