

Part II

Developing Individual-Focused Life Enrichment Care r/t New CMS Guidance

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F679 (Was F248) Activities

The facility must provide **based on the comprehensive assessment and care plan and the preferences of the resident**, an ongoing program to **support residents in their choice** of activities, **both facility-sponsored group and individual activities and independent activities**, designed to meet the interests **of** and **support** the physical, mental and psychosocial well-being of each resident, **encouraging both independence and interaction in the community.**

F679 Activities (Interpretive Guidance)

Activity Approaches for Residents with Dementia

- All residents have a need for engagement in meaningful activities
- For residents with dementia, the lack of engaging activities can cause boredom, loneliness and frustration, resulting in distress and agitation
- Activities must be individualized and customized based on the resident's previous lifestyle (occupation, family, hobbies, preferences and comforts).
- **National Partnership to Improve Dementia Care results**

"Palliative Care for People with Dementia"

From the section titled: *"Rethinking Activities: Meaningful Engagement for People with Advanced Dementia"*

- All staff, regardless of discipline, have a crucial role in meaningful activities.
- Activities must be customized to be meaningful. People with advanced dementia almost never engage in large group events.
- Any meaningful interaction will not be judged by its duration but its quality.

Summarized from "Palliative Care for Advanced Alzheimer's and Dementia: Guidelines and Standards for Evidence-Based Care"

Sufficient & Competent (Nurse) Staffing Review CEP

Observations:

- Are residents sitting around the nurse's station, in the hallways, or in front of the television without any interaction from staff
- Are residents displaying behavioral or pain concerns such as being combative, yelling, or crying out?
- Are residents who wander unsupervised or susceptible to, or creating issues?

CEP: Behavior & Emotional Status

Observations Across Various Shifts:

- What non-pharmacological interventions (e.g., meaningful activities, music or art therapy, massage, aromatherapy, reminiscing, diversional activities, consistent caregiver assignments, adjusting the environment) does staff use and do these approaches to care reflect resident choices and preferences?
- Is the resident's distress caused by facility practices which do not accommodate the resident's preferences (e.g., ADL care, daily routines, activities, etc.)

Activity-Related Interventions

<p>For the Resident who:</p> <ul style="list-style-type: none"> Exhibits usual amounts of energy or walking without purpose Engages in behaviors not conducive with a therapeutic home-like environment Exhibits behaviors that require a less stimulating environment to discontinue behaviors not welcomed by others sharing their social space 	<p>For the Resident who:</p> <ul style="list-style-type: none"> Goes through others' belongings Has withdrawn from previous activity interests/customary routines and isolates self in room/bed most of the day Lacks awareness of personal safety, such as... Has delusional and hallucinatory behavior that is stressful to her/him
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Activity Related Interventions

Exhibits unusual amounts of energy or walks without purpose

- Provides a space/environmental cues that encourages physical exercise, decreases exit-seeking behavior and reduces extraneous stimulation (such as seating areas spaced along a walking path or garden; a setting in which the resident may manipulate objects; or a room with a calming atmosphere, for example using music, light and rocking chairs);
- Providing aroma(s)/aromatherapy that is/are pleasing and calming to the resident; and
- Validating the resident's feelings and words; engaging the resident in conversation about who or what they are seeking; using one-to-one activities, such as reading to the resident, or looking at familiar pictures/photo albums

Unusual Amounts of Energy/Walking without Purpose

- Exercise**
 - Tai Chi
- Music**
 - Entrainment
 - Drum Circles/Rhythm Band, etc.
- Validation**
- Aromatherapy**
- Multi Sensory Environments**

Music: Drum Circles/Rhythm Band

Resources

- Book: *"Drum Circle Spirit"* by Arthur Hull
- You Tube Videos by: Kalani, Arthur Hull, Bongo Barry Bernstein, Christine Stevens

Interactive Techniques

- The "basics"
- "Rumble"
- Call and Response: Repeat what you hear
- Rhythm Naming
- Familiar Rhythms (Months, "Happy Birthday", "30 days has September")

Aromatherapy


www.scentsiblesolutions.net (Loving Scents)

Restore Peace: a combination of pink grapefruit and frankincense—eases nervousness, tension, depression and anxiety, producing a calm, soothing elevated mental state. Excellent for sun-downing issues.

Promote Alertness A stimulating blend of Rosemary and Orange that enliven the brain, clears and aids memory and harmonizes the physical and mental processes.

Essential Oils

<p>Stimulant Properties</p> <ul style="list-style-type: none"> Basil Jasmine Peppermint Ylang-ylang Neoli Angelica Rosemary Orange 	<p>Sedative Properties</p> <ul style="list-style-type: none"> Chamomile Bergamot Sandalwood True Lavender Sweet Marjoram Lemon Balm Hops Valerian Lemon
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Multi Sensory/Snoezelen™


Stimulation versus relaxation
 Restraint free/facilitated sleep/reduced falls and wandering/nonpharmacologic approach for target behaviors
 Variety of equipment appealing to all of the senses
 Purposeful activity suited to individual needs

Multi Sensory Techniques

- Bubble tubes
- Fiber optic lighting
- Massage techniques
- Aromatherapy
- Comfortable furnishings
- Projected images
- Music



Multi-Sensory Room Ideas



Familiar Areas for Stimulation



Sensory Considerations

- Room vs. Open Space
- Room vs. Portable
- Multi Sensory Equipment included throughout

Great Resource: “How to Make a Sensory Room for People Living with Dementia: A Guide Book” by Anke Jakob and Leslie Collier

Film/Video Considerations

- Personal video recordings to encourage reminiscence
- “Old films and feature movies with simpler plots could be used to help prompt memories. Other sensory components could be used in conjunction with the movie to help enrich the sensory experience e.g. provision of stuffed toys such as a cat when the film features a cat, actual dancing when the actors are dancing, snacks replicating foods being shown on the film.”
- “Films showing natural themes and simple life scenes such as playing children accompanied with familiar music or music written specifically for the movie – contain no or minimal narration, do not require undivided attention.”
- “Scenes from nature can include: landscapes, water and sea, forests, flowers, fish swimming underwater, animals, and glowing fire”
- Films featuring abstract, calming, non-memory provoking images (e.g. slowly animated shapes and colors and music promoting relaxation)

Stimulating Vs. Relaxing

Stimulating

- Sights: Bright Lights/Red
- Sounds: Loud and percussive music, Music faster than the heart beat, Abstract sounds
- Touch: Textured or spiky balls, rougher textures, random touch
- Taste: "Smooth foods"
- Smells: Aromas
- Movement: Sudden, random, spinning

Relaxing

- Sights: Low lights/Slowly changing lights/Pastels
- Sounds: Music slower than the heart rate, continuous music, sounds of nature
- Touch: Massage, stroking soft fabrics
- Taste: Citrus, Peppermint, Sour/spicy foods
- Smells: Aromas, baking smells
- Movement: Linear (rocking), rocking to music

Activity Interventions

Engages in behaviors not conducive with a therapeutic home like environment

- Providing a calm, non-rushed environment, with structured, familiar activities such as folding, sorting, matching, **using one-to-one activities or small group activities that comfort the resident**, such as preferred music, walking quietly with the staff, a family member or friend; eating a favorite snack; looking at familiar pictures;
- Engaging in exercise and movement activities
- Exchanging self-stimulatory activity for a more socially-appropriate activity that uses the hands if in a public space

Music and the Decades: Ages 15-30

100: 1933 -1948	95: 1938 - 1953
90: 1943 -1958	85: 1948 - 1963
80: 1953 - 1968	75: 1958 - 1973
70: 1963 - 1978	

What Musicians were Popular?

1940s: Jazz/Big Band: Bing Crosby, Frank Sinatra, Perry Como, Ella Fitzgerald, Louis Armstrong, Benny Goodman, The Andrews Sisters, Nat King Cole
1950s Rock and Roll: Elvis Presley, Chuck Berry, Jerry Lee Lewis, Little Richard, Chubby Checker, Billy Haley & the Comets, Buddy Holly, Carl Perkins, The Coasters, Bobby Darin, Ritchie Valens, Roy Orbison, Gene Vincent
1950s Traditional Pop: Nat King Cole, Rosemary Clooney, Perry Como, Dean Martin, Tony Bennett, Peggy Lee, Ella Fitzgerald, Johnny Mathis, Andy Williams, Frank Sinatra, Frankie Laine, Patti Page, Teresa Brewer, Ames Brothers, Andrews Sisters, The Four Aces, Doris Day, Pat Boone

What Musicians were Popular?

1950s Country: Johnny Cash, Gene Autry, Hank Williams, Conway Twitty, Patsy Cline, The Everly Brothers, June Carter Cash, Les Paul & Mary Ford
1950s Rhythm and Blues: Little Richard, Frankie Lymon & the Teenagers, Sam Cooke, The Orioles, Ray Charles, Fats Domino, The Ravens, The Penguins, The Crows, The Platters, Billy Ward & his Dominoes, James Brown, Lloyd Price, Bobby Day
1960s British Invasion: The Beatles, The Who, The Rolling Stones, Cream, The Yardbirds, Donovan, Manfred Mann, The Kinks, Herman's Hermits, Tom Jones, Dusty Springfield, The Animals
1960s Motown and R&B: The Marvelettes, The Supremes, Marvin Gaye, The Four Tops, The Drifters, The Temptations, The Miracles, Stevie Wonder, Gladys Knight & the Pips, The Spinners, Aretha Franklin, Canned Heat

What Musicians were Popular?

1960s Surf and Psychedelic Rock: The Beach Boys, The Ventures, The Champs, The Doors, The Grateful Dead, The Jimi Hendrix Experience, Jefferson Airplane, Jan and Dean, The Kingsmen, The Trashmen
1960s Roots and Hard Rock: Janis Joplin, Creedence Clearwater Revival, Steppenwolf, Roy Orbison, Procol Harum, The Rolling Stones, The Who, The Animals, The Band, The Troggs
Folk and Protest Rock: Bob Dylan, Simon & Garfunkel, The Mamas & the Papas, Buffalo Springfield, Crosby, Stills & Nash, The Lovin' Spoonful, The Byrds, The Turtles, Gordon Lightfoot, Peter, Paul and Mary

Getting the Right Music from Music and Memory

- Who is your favorite singer?
- Is there a song/music that makes you happy?
- Is there a song that can always make you dance?
- What music did you listen to in high school?
- **What would you enjoy?**
- What is the song that makes you cry?
- Do you remember the first live music you saw?
- What was the first piece of music you purchased with your very own money?
- If you had to pick three songs to put into a time capsule, what would they be?

Alive Inside Empathy Revolution: AliveInside.org

Making "Alive Inside" opened our eyes to seeing Music as human wisdom; to seeing Music as a vehicle for human connection. Both Music and Elders with dementia have something to teach us! This is a new idea- but they can teach us the power of empathy and human connection! This idea that changing life for an elder can expand your life has its gifts and we are glad to see it growing. Join at www.AliveInside.org

The New "Alive Inside" App

- Go to AliveInside.org (Alive Inside Foundation)
- Click on the Alive Inside App
 - Interview your elder
 - Review the song list
 - Save to Spotify

Activity Interventions

Exhibits behaviors that require a less stimulating environment to discontinue behaviors not welcomed by others sharing their social space

- Offering activities in which the resident can succeed, that are broken into simple steps, that **involve small group and one-to-one activities** such as using the computer, that are short and repetitive, and that are stopped if the resident becomes overwhelmed (reducing excessive noise such as from a television)
- Involving in familiar occupation-related activities.

Individualized Computer Programs

Lap tops

- Email, Facebook, Face Time, Messaging
- You Tube

Customized Computer Programming

- www.linkedsenior.com
- It's Never Too Late (iN2L) www.in2l.com

Resident Rights: 483.10(f)(9) Right to Work Occupation-Related Activities

New requirements for participation

The resident has a right to **choose to** or refuse to perform services for the facility and the facility must not require a resident to perform services for the facility.

Discussion

Activity Interventions

Exhibits behaviors that require a less stimulating environment to discontinue behaviors not welcomed by others sharing their social space (cont.)

- Involving in physical activities such as walking, exercise or dancing, games or projects requiring strategy, planning and concentration building such as music, art, dance or physically resistive activities such as kneading clay, hammering, scrubbing, sanding, using a punching bag, using stretch bands or lifting weights; and
- Involving in gross motor exercises (e.g., aerobics, light weight training) to increase energy and uplift mood)

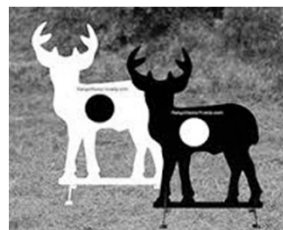
Activities for Men

- Deer Hunters (Bow and Gun)
- Pictures from Google Images, the Newspaper or Personal Pictures
- Hunting Stories/Reminiscences
- Hunting videos
- Shoot a deer activity
- Live hunting camera pictures
- Hunting games: Technology

Hunting Pictures for Reminiscence



Target Practice Activity



Time Slips Story Telling Activity



Interactive Time Slips Activity

The Basics:

- Group technique
- All responses encouraged, recorded
- **Images:** Not familiar, Google images, humorous cards, Norman Rockwell, etc.
- **Questions for encouraging responses:** Who, what, where, why, when, how, what are their names, title for the story
- Retell the story, final retelling, record

Home Town Visits



Personalized Haiku Poetry

Japanese poem of 17 syllables with three lines

5 syllables, 7 syllables, 5 syllables

I am first with five
Then seven in the middle --
Five again to end.

Sarah makes music
She likes flower gardening
Family is best

Write a Haiku about you!

Thank You

Questions???

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