

# ACTIVITY FOCUSED CARE

NEBRASKA HEALTH CARE ASSOCIATION  
4 OF 6 WEBINAR SERIES  
SEPTEMBER 29, 2020  
THERESA THORLAND CTRS/ACC/EDU

1

## OBJECTIVES

- Participants will know the definition of Activity Focused Care
- Participants will get at least 5 innovative activity ideas
- Participants will know the impact of the environment to Activity Focused Care
- Participants will identify at least 3 topics for in-services on Activity Focused Care
- Participants will get at least 3 resources for Activity Focused Care Planning

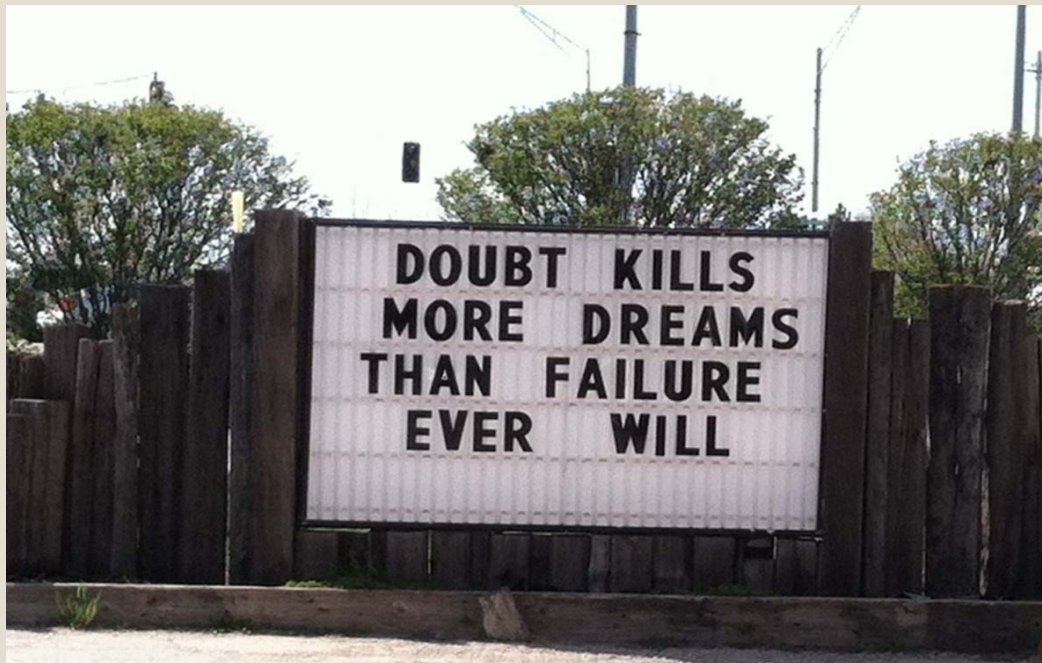
2

# Definition of Activity Focused Care

3

- The creation or development of a nurturing and supportive environment that promotes and honors the ongoing living of life as a person's activity
- All of life is an activity of being and doing and the tasks of life are interconnected parts of the whole
- Recognizing that individuals have unique values, personal history and personally
- Each person has an equal right to dignity, respect, and to participate fully in their environment

4



5

# Innovative Activity Ideas

6

*It's about the  
Journey, not  
the Outcome*

7

“A person who always enjoyed reading the newspaper may still enjoy this activity, even if he or she can no longer completely understand the content.”  
-- Alzheimer's Association

8

## 1) Life Story / Biographies

- Takes time and effort to gather this information
- Beyond the assessment process
  - What I prefer to be called
  - Where was I born / raised / lived most of my life
  - Family Tree
  - Important people in my life
  - Where did I go to school
  - What type of work did I do
  - Military including branch and when/where I served
  - Who do I admire most and why
  - Historical events or life events that have impacted me

9

- Favorites
  - Celebrations / Holidays
  - Hobbies / Interests
  - Places I've traveled
- Greatest Accomplishments
- Bucket list
  - Dreams / Plans / Goals
  - Something I have always wanted to do
- Spiritual preferences
  - Important scriptures
  - Readings
  - Poems / Stories

10

- Getting To Know You
- All About Me
- This Is Who I Am
- Other

11

## All About Me!

**NAME:**

**I also go by:**

**My Job was:**

**I am from:**

**Important People:**

**Parents:**

**Spouse:**

**Children:**

**Grandchildren:**

**Don't Forget!**

**Favorites**

**Food:**

**Color:**


**Song:**

**TV Show:**

**Movie:**

**Things that make me happy:**

**Things that bother me:**



12

## 2) Vocational / Purposeful

- Knowing what I did for a living
- Adapt to ability not stage of Disease
- Having a never-ending supply of items to pick up and carry about
- Stations / areas that will draw my attention and individual engagement
- Active Wall space
- Effective approaches
  - “Please show me how to....”
  - “Could you help me with...”
  - I need to learn about...Can you teach me?”

13

***To be a valued contributor,  
experiencing pride  
and feelings of accomplishment  
by having  
opportunities to actively  
participate in  
meaningful service or ‘work’  
done for others***

14

### 3) Community Based

- Keep me connected to the outside world
  - Current events
  - Travel Clubs
  - National / World celebrations / events
    - Be aware of what is going on National and State
      - Kentucky Derby
      - Boston Marathon
      - Olympics
      - RAGBRAI
      - County Fair
      - First day of school
      - Sporting events
  - Bring the community in
    - Schools
    - Service Clubs / Organizations
    - Volunteers
  - Outings

15

### 4) Family Connections

- Invite Families as much as possible
  - Provide opportunities to get together in a relaxed environment
  - Educate families on how to have meaningful engagement
    - Sometime just being there is enough
- Regular communication
  - Technology
    - iPad
    - Skype
    - Face Time
- Create life long rituals / routines
- Story Boxes
  - Takes monetary and time investment

16



## 5) Ability Appropriate

-Inventory all supplies

- Divide into ability levels (Not based upon 'Stages')
  - Abilities can, and do, change day to day / hour to hour
- Create guidelines to help care givers understand system
- Color code and divide out supplies
- Easily accessible and available at all time
- Create themed kits / stations based upon the assessment information
- Be aware of using toys for safety, especially with the gentlemen

17

**Activity Matrix/Dementia Programming**

Stage	Symptoms	BIMS	Programs
Early Stage (2-4 years)	Memory loss, absent-mindedness, Mood and Personality changes, Poor judgment, Trouble making decisions, Beginning of restlessness and wandering, Careless in actions, appearance	Score of 13 – 15 Cognitively Intact	Music/Dance, Drumming, Chair dancing w/ scarves, Painting to Music, Painting, 3-Dimensional art (especially for men), Clay, Beadwork, Gardening, Story-telling,
Middle Stage (2-10 years)	Increased restlessness, Hides things, Seems self-centered, Inappropriate behavior, especially in crowds or amongst others, Can't follow conversations, Beginning of language difficulties, Inappropriate grooming, use of toilet, Difficulty recognizing people, Sundowning	Score of 8 – 12 Moderate Impairment	Music/Dance, Drumming, Chair dancing w/ scarves, Painting to Music, Painting, 3-Dimensional art (especially for men), Clay, Beadwork, Gardening, Story-telling, Time Slips,
Final Stage (1-3 years)	Minimal communication, Unaware of environment, people around them, Forgets how to eat, swallow, and walk, Incontinent, Falls Increase	Score of 0 – 7 Severe Impairment	Time Slips, Sensory Programs, Relaxation based, Spiritual Based if preference, Pet visits

18

## STIMULATE THE MIND AND BODY

- Encourage self-expression
- Foster emotional connections with others
- Provide opportunities to feel more engaged
- Stir memories
- Family videos / audio
- Puzzles
- Bake or Cook
- Clean
- Look at books
- Organize household or office
- Read the newspaper
- Play music
- Tend the garden

19

***Give them something to look forward to every day!***

20

# Impact of the Environment

21

## ENVIRONMENTAL FACTORS TO CONSIDER

- Fire safety
- Sirens
- TV shows
- Lighting
- Sun
- Loud music
- Chaos
- Hats/Coats/Purses
- Crowds
- Bustling about
- Objects with busy patterns
- Bright lights and glare
- Create areas that draw in the individual
- Create quiet and tranquil
- Aromatherapy
- Safe outdoor area

22

- **Community specific**

- Where supplies are
- How to engage during 'cares'
- How to communicate
- Life Stories
- What activities are appropriate for individuals
  - Color coded ability levels
- Volunteers!!

23

*Be part of new  
hire on-boarding  
/ orientation*

24

# ORIENTATION OUTLINE

- Definition of Quality of Life and Meaningful Engagements
- Purpose of Activity Department
- Calendar examples
- Supply locations / Storage areas
  - Grab and Go kits
  - Non-Pharm supplies / Kits
- Documentation systems and why we do it
- Brief overview of Volunteers
- Activity Team Members / Office phone number

25

*The word recreation is a very beautiful word*

*It is defined in the dictionary as the process of giving new life to something, of refreshing something of restoring something.*

*This is course  
Is the whole person~~~~*

*Hans Geba*

*Your facility Information here*

*Your Name, Title  
Phone number/extension:*

*What the Activity department provides to our residents and how you can help us maintain their psychosocial well-being*

*Remember.....*

*We can't do  
What we do.....*

*Without you!*

26

The ultimate goal of the Activity department is to provide meaningful activity programs that enrich the lives of each individual resident. Offering activities that meet each person's leisure interests increases Quality of Life and creates a home-like environment of belonging, purpose, and enjoyment.

Many of you assist the Activity department in ways that you may not even be aware of! Your dedication and compassion extends beyond what your day-to-day duties are! For example, when you transport a resident to a program, or take a resident to the beauty shop, you're being a huge help. Some of you may ask to paint a resident's nails, make sure they are ready for a program they want to attend, read their mail to them, or volunteer to go on a bus trip!

The important thing to remember is that we truly appreciate all of your assistance but beyond that, the resident's know you care when you do these things. You ARE dedicated to the highest standard of care and outstanding service!

THANK YOU!!

The Activity programs encompass the 7 Dimensions of wellness to promote a holistic model of service. Each resident is assessed for individual leisure interests upon admission and receive a minimum of 3 leisure contacts per week.

The 7 Dimensions of Wellness include:

- Physical
- Intellectual
- Social
- Vocational
- Emotional
- Spiritual
- Environmental

Families are encouraged to attend and are always welcome to participate in the programs offered

Monthly field trips/outings and community events are offered to keep residents connected to the greater community.

Ways you can enhance resident satisfaction and Quality of Life

- Transport to/from programs
- Assist during programs even if it's only for a few minutes
- Take time to visit
- Sharing ideas, talents, and resources with Activity staff
- Make sure resident is ready for the program
- Use activity kits available
- Realizing that you are important to every resident in every way

27

# Be part of on-going training

28

# IN-SERVICE TOPICS

29

- **Critical Element Pathways**

- CMS-20065 Activities
- CMS-20057 Resident Council
- CMS-20061 Environment
- CMS-20067 Behavioral-Emotional
- CMS-20069 Communication-Sensory
- CMS-20072 General
- CMS-20076 Pain Management
- CMS-20133 Dementia Care

30

***These are a  
gift from  
CMS!!***

31

***Demonstrate  
Competency***

32



# CARE PLANNING RESOURCES

33

## CONSIDERATIONS

- Dignity
- Ability
- Spontaneity
- Interests
- Personal likes and dislikes
- Strengths
- Histories
- Best time of day
- Regular and consistent routines

34

- BIMS
- Mini Mental
- Mobility testing
- Family / Friends
- Clergy

**The Individual!!**

35

## HOW DO YOU COMMUNICATE THIS INFORMATION

- ElderMark
  - Face Sheet
  - Service Sheets
- Point Click Care
- HHA Care Guides / NAR Care Guides
  - Mobility / Diet preferences / Bathing Preferences / Therapy / Leisure preferences / Person Centered Approaches
- Other

36

*Care planning  
for Memory Care  
is a continuous  
evolvement*

37

ARTIFACTS  
OF CULTURE  
CHANGE

38

### Strengths, Weaknesses, Opportunities, and Threats (SWOT) Analysis

SWOT Questions	Answers
<b>Strengths</b> What do you do well? What unique resources do you have? What do others see as your strengths?	
<b>Weaknesses</b> What could you improve? What resources do you lack? What might others see as a weakness?	
<b>Opportunities</b> What opportunities are open to you? What upcoming changes could you take advantage of? What trends can you take advantage of? How can you turn your strengths into opportunities?	
<b>Threats</b> What trends, or upcoming changes, could harm you? What is your competition doing? What do your weaknesses expose you to?	

Based on SWOT tool at [http://www.mindtools.com/pages/article/newT36\\_05.htm](http://www.mindtools.com/pages/article/newT36_05.htm)  
 Mind Tools is an excellent resource for leadership tools and short articles.

132

39

# RESOURCES

- Alzheimer's Disease Activity Focused Care 2<sup>nd</sup> Edition
  - Carly R. Hellen
- Alzheimer's Association
  - <https://www.alz.org/help-support/caregiving/daily-care/activities>
- LifeBio, Inc.
  - [www.LifeBio.com](http://www.LifeBio.com) / 1-866-543-3246
- Alzheimer's Disease Research-Based Therapeutic Activities
  - Lorena Tonarelli, M.Sc
- Critical Element Pathways
  - <https://cmscompliancegroup.com/tag/critical-element-pathways/>
- The Best Friends Approach to Alzheimer's Care series
  - Virginia Bell and David Troxel

40

# *You and Your Creativity!!!*

41

## CONTACT INFORMATION

Theresa Thorland

Company: Activity Director Certification Services

Phone: 641-390-0223

Email: [dtntt@wctatel.net](mailto:dtntt@wctatel.net)

Website: [www.activitydirectorcertification.com](http://www.activitydirectorcertification.com)

42