

Meaningful Resident-Driven Communities: A New Model of Care

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Creating effective memory interventions

“Everything you do for me
you take from me...”

-- **Maria Montessori**

In the Helen Stone Memory Care Residence, our residents are given as much control over their lives as we possibly can give them.

- All of us feel better when we believe we are in control of our lives.
- All of us feel stressed when we believe someone else is trying to control us or make decisions for us.

How do we give control to our residents?

Control is all about having choices.

For example, think about what you did up until this training. You chose:

- What clothing you would wear.
- Whether or not you took a shower or bath.
- What you had for breakfast.
- When and how you went to work.
- What you would have for lunch.
- Who to talk to; etc.

How do we give control to our residents?

A good way to start to give choices to our residents is to ask them to pick between two different things or between two different options.

For example, you might ask:

- Would you like to wear this blouse or this one?
- Would you like a bath or a shower?
- Would you like to play bingo or go to the reading group?

AN EXERCISE

Let's think about what happens when a resident gets up in the morning.

- How many different choices we can give to a resident when they first wake up?

Providing Information to Assist Residents to Feel in Control of Their Lives

Have you ever had the water or electricity go out without warning where you live?

- How did you feel?

Is it better to have someone call you or leave you a note to say that the water would be off from 2 p.m. until 5 p.m.?

- When we know what to expect, we feel better and less anxious.

Providing Information to Assist Residents to Feel in Control of Their Lives

- This is why we give residents a notice if there will be repairs, or if the water will be turned off, or if there is a change in their normal routine.
- This also is why we give each resident a daily schedule. If they can see for themselves what is coming up, they will feel more in control, and they won't ask you about what has or has not happened.

Residents' Committees and Task Forces

As a way to give residents more choice, they will be able to form committees or task forces. These groups of residents will:

- Select group outing destinations and activities (with your guidance; let them know what is possible and reasonable).
- Invite entertainers, lecturers, and other professionals to give presentations
- Determine what reading materials will be in the library
- Decide what volunteer activities they would like to do to help others

We can give control to our residents by assisting them in forming committees or task forces.

Examples of task forces might include:

- Outings
- Entertainment
- Exercise
- Social Concerns
- Library
- Welcoming

Residents' Committees and Task Forces

EXERCISE:

- What other things could Residents' task forces or committees do?

ASK THE RESIDENTS

One of the most simple but important things we can do to give residents choice is to ASK the residents.

For example, if they form a group to decide what entertainment they would like to see, what should the name of the group be?

Answer: ASK THE RESIDENTS

ASK THE RESIDENTS

EXERCISE:

- What are some other things we can ask the residents to give them the ability to choose?

Committees

At first, residents may expect you to run the meeting and do all of the work.

A good way to start changing this way of thinking is to give choices to our residents for what type of committee or group they would like to join or what new group they would like to create.

How will the name of the group be created?
(Hint: Ask the r _ _ _ _ _ _ _ .)

AN EXERCISE

- What makes a committee or task force a good one? Discuss.

Starting

- Begin by inviting residents who might be interested in a topic to meet at a particular time and place.
- Be sure to provide snacks and something to drink (choices for both).
- Provide name tags, but be prepared if residents do not want to use them. It's ok.
- Let residents sit in a circle where they can see each other.

Starting

- Have residents introduce themselves and tell a little about themselves.
- Be prepared for them to want to discuss topics and issues unrelated to the topic that was going to be their focus.
- Let this happen if it does. It is **THEIR** group.
- Take minutes. In the future, see if a resident would like to take minutes. If so, assist the resident as needed.

Starting

By the end of the first session you want to guide the group toward:

- Having an agreed-upon procedure for discussing topics that is respectful. Have this written down in large print and accessible.
- Deciding on priorities for future discussion.
- Agreeing on a time and place for the next meeting.
- Nominating a chairperson for the group.

Residents' Committees and Task Forces

THINGS TO REMEMBER:

- Residents will not always agree. That's ok.
- Residents may want to form subgroups of persons with common interests.
- Some people will not always come or come on time.
- Have a system for inviting new members.
- Always send out invitations to the meetings. If residents can make them / give them, that's even better.
- Residents will change their minds.

Residents' Committees and Task Forces

THINGS TO REMEMBER:

- Keep a listing on a poster or flip chart of all of the things that have been accomplished or that are being worked on by the group.
- Bring the listing to the meetings and make printed copies for members to take away.
- Not all groups will be as active as others, and not all groups will have the same number of meetings.
- Socializing is a very important part of the meetings. Allow residents who want to stay after and chat to be able to do this.

Residents' Committees and Task Forces

EXERCISE:

- What should you do if an argument breaks out among members of a meeting? How should you handle this?

THE BEST MEETING

Imagine the best possible meeting:

- Residents decide on the time, place, and topics.
- Residents send out the invitations.
- Residents come to help set up the meeting and refreshments.
- Residents run the meeting for themselves.
- Residents take the minutes and list accomplishments.
- Residents select the next meeting.
- Residents do the most, and you do the least.

GIVING UP CONTROL

- The best residents' meeting is the one where they do the most and you do the least.
- This will be a process. At first residents will expect you to do most of the talking and work.
- Residents can become more independent if we always keep the "Best" meeting in mind as our goal.

- Adopting local minor league sports teams
- Providing lectures and one-on-one teaching to children
- Collect donations for
- charitable causes
- Bring goods made by residents to fairs

Social Roles: Larger Groups

- Conducting Social Events
- Visiting Museums
- Making Music
- Poetry Reading
- Dramatic Arts
- Book Fairs



The Social Life Template™

Current Approaches

One activity at a time
provided

Topics of outside speakers
determined by staff

New residents welcomed
by staff

Helen's Place Approach

Multiple activities
available at any time

Outside speakers chosen
and invited by residents

New residents welcomed
by residents

The Social Life Template™

Current Approaches

Staff provide
entertainment

Focus on the facility

Provide care to residents

Hotel model

Helen's Place Approach

Residents select entertainment,
and can provide their own
entertainment

Opportunities to engage with a
larger social network and the
world

Allow residents to take care of
themselves as much as possible

Community model

GIVING UP CONTROL

- It will be something different to give control over daily activities to residents.
- At first this may seem strange or a bit uncomfortable.
- Just remember, we need to give residents the kind of life that we would want or that we would want for our family members.

“A social change of this type cannot come from the ideas or energies of individual reformers but from a slow and steady emergence of a new world in the midst of the old...”

-- **Maria Montessori**

Thank You

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