

PERSON-CENTERED ACTIVITIES



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DISCLOSURE STATEMENT:

*We have no conflict of
interest to declare.*

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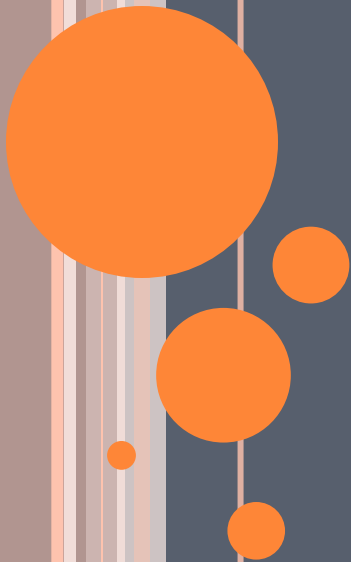


OBJECTIVES:

- Identify the process, importance, benefits, & barriers of implementing person-centered activities.
- Identify F-Tag areas they need to be address when implementing person-centered activities.
- Identify resources available to assist with culture change that will enhance the effectiveness of person-centered activities.
- Identify ways to empower residents & to coach residents to find ways to have a purposed-filled life through participation in activities.



IMPLEMENTING PERSON CENTERED ACTIVITIES



LIFE ENRICHMENT ASSESSMENT PROCESS

Assessing a resident to learn about what makes them feel fulfilled is one of the most important aspects of Life Enrichment.

- Past Interests
- Current Interests
- Learning new skills
- Work history
- Family Involvement

Resident interview, family interviews, review of information quarterly and reassessed annually

Ten Things I Love to Do (exercise)



THE FOUR B'S OF ACTIVITIES

Diversional Activities have come a long way Baby! In 1990 these were mandatory

- Bingo
- Bible Study
- Birthday Parties
- Bowling

2015 Life Enrichment portrays a much more descriptive concept of what the Activity Staff are doing – thinking outside the box with resident's best interest in mind. Listening to the residents

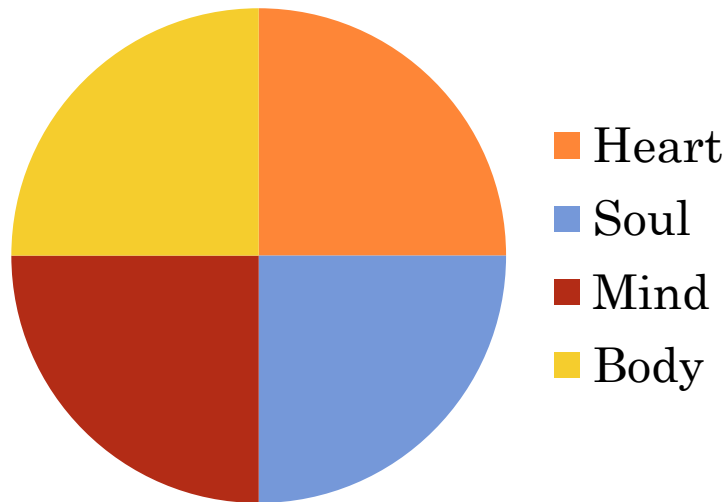
Neighborhood Life Enrichment Coordinators are responsible for developing a neighborhood calendar designed to specifically meet the interests/needs of the residents in that neighborhood.

The monthly calendar is still distributed for each resident's room. Each neighborhood has a daily board that communicates activities for that particular neighborhood.



TREATING THE WHOLE PERSON

Life Enriched



- Heart-Personal and Social dimensions
- Soul-Spiritual dimension
- Mind-Dimension for building your mental attitude and mental strength
- Body-Dimension involves caring for your body-four components




OBSTACLES /CHALLENGES

- Staffing
- Attitudes
- Action vs. Talk
- The Journey-it is never-ending and needs to be nourished.

Happiness is not obtained by what life brings you but rather by what you bring to the lives of others.

At the heart of a happy and successful life is personal fulfillment. People become fulfilled when they are doing what they want and believe they were meant to do.





**F-TAG AREAS TO
ADDRESS DURING
IMPLEMENTATION OF
PERSON-CENTERED
ACTIVITIES**

F-TAG AREAS ASSOCIATED WITH ACTIVITIES

- 240 Quality of Life
- 242 Self-Determination & Participation
- 246 Accommodations of Needs
- 248 Activities
- 249 Qualifications of Activities Director
- 250 Social Services
- 272 Comprehensive Assessment
- 279 Comprehensive Care Plan
- 353 Sufficient Staff
- 464 Dining and Activities Rooms



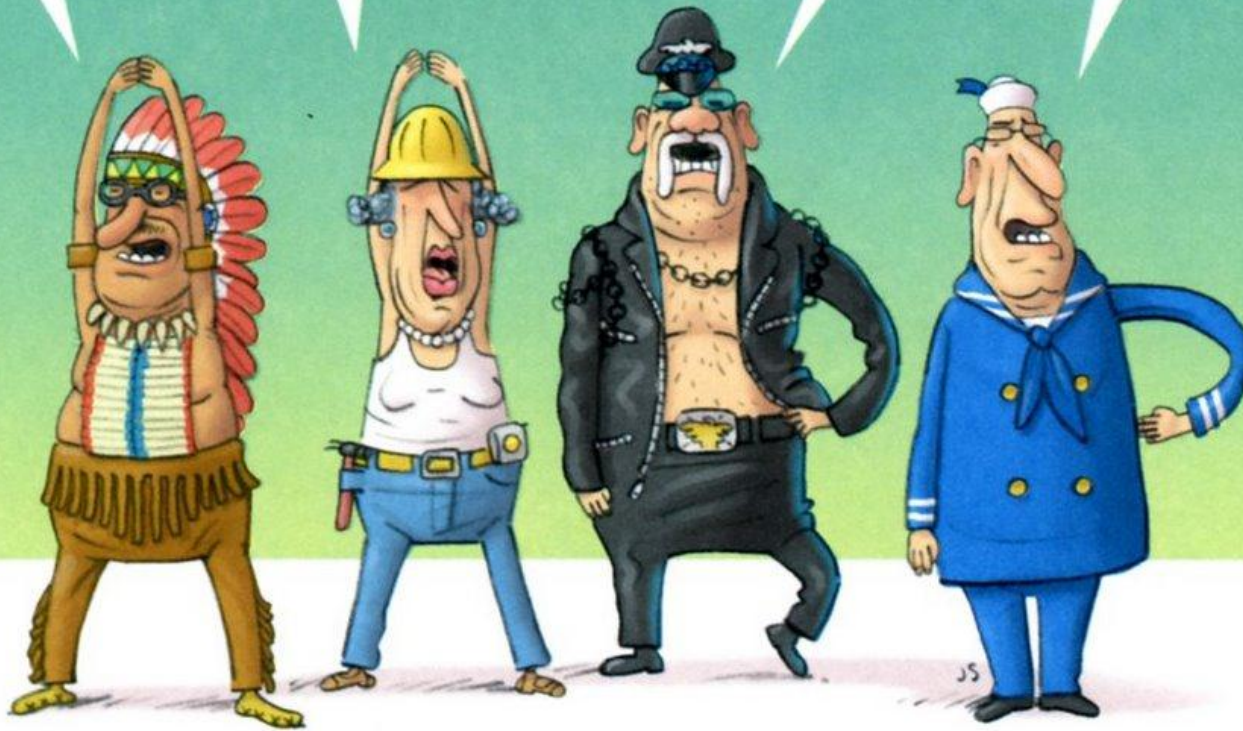
F-TAG 248 ACTIVITIES

- The facility must provide for an ongoing program of activities designed to meet, in accordance with the comprehensive assessment, the interests and the physical, mental, and psychosocial well-being of each resident.



F-TAG 248 ACTIVITIES

A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People



F-TAG 248 ACTIVITIES

- The intent of this requirement is that the facility:
 - Identifies each resident's interest and needs; and
 - Involves the resident in an ongoing program of activities that is designed to appeal to his or her interests and to enhance the resident's highest practicable level of physical, mental, and psychosocial well-being



"Age is all in the mind — unless everything on your body hurts and what doesn't hurt doesn't work, then you're old."



F-TAG 248 ACTIVITIES

- “Activities” refer to any endeavor, other than routine Activities of Daily Living (ADLs), in which a resident participates that is intended to enhance her/his sense of well-being and to promote or enhance physical, cognitive, and emotional health. These include, but are not limited to, activities that promote self-esteem, pleasure, comfort, education, creativity, success, and independence



F-TAG 248 ACTIVITIES

- “One-to-One Programming” refers to programming provided to residents who will not, or cannot, effectively plan their own activity pursuits, or residents needing specialized or extended programs to enhance their overall daily routine and activity pursuit needs.



F-TAG 248 ACTIVITIES

- “Person Appropriate” refers to the idea that each resident has a personal identity and history that involves more than just their medical illnesses or functional impairments. Activities should be relevant to the specific needs, interests, culture, background, etc. of the individual for whom they are developed.



F-TAG 248 ACTIVITIES

- “Program of Activities” includes a combination of large and small group, one-to-one, and self-directed activities; and a system that supports the development, implementation, and evaluation of the activities provided to the residents in the facility.



F-TAG 248 ACTIVITIES

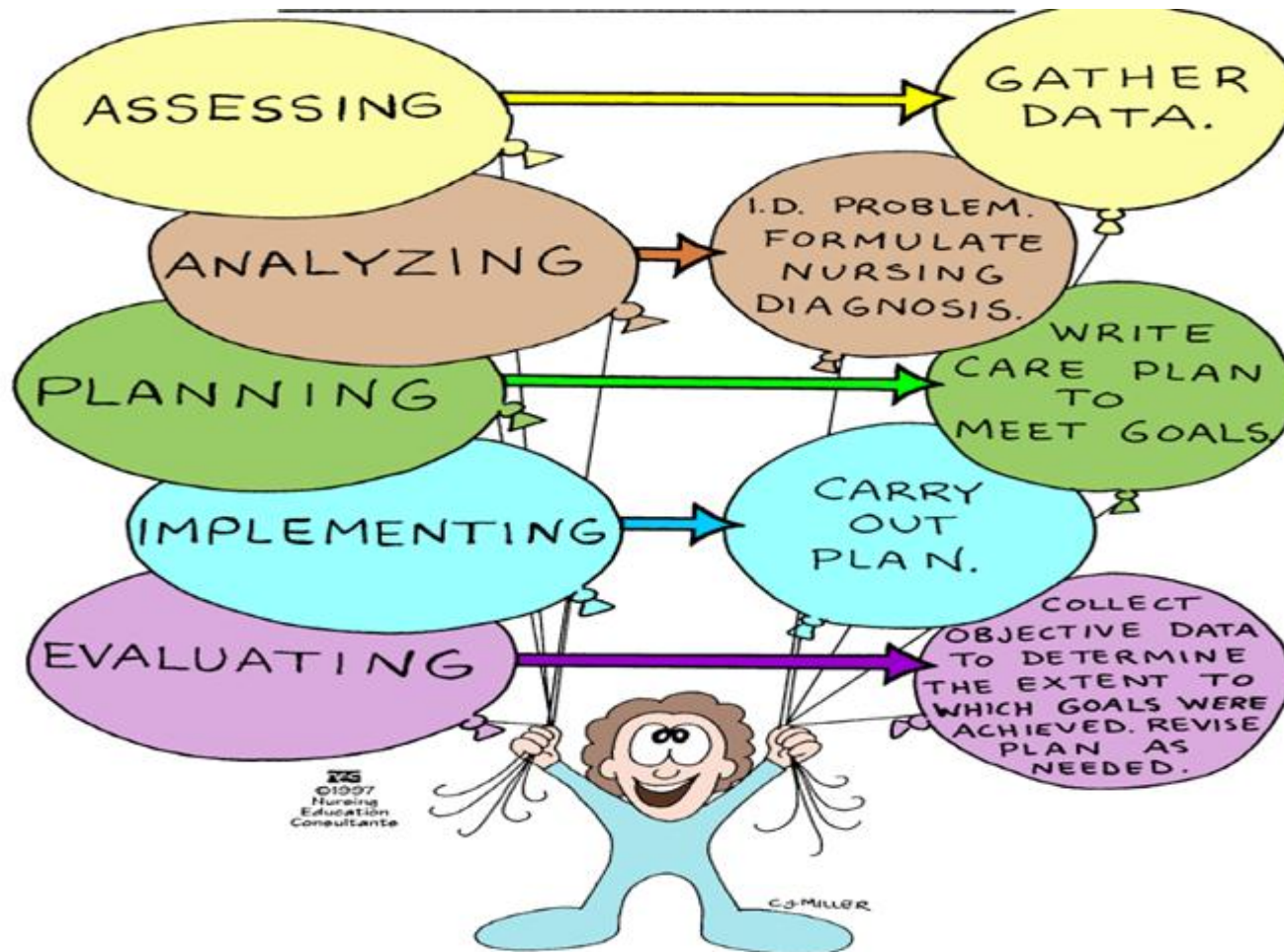
○ ASSESSMENT

- The information gathered through the assessment process should be used to develop the activities component of the comprehensive care plan. The ongoing program of activities should match the skills, abilities, needs and preferences of each resident with the demands of the activity and the characteristics of the physical, social and cultural environment.



F-TAG 248 ACTIVITIES

○ CARE PLANNING



F-TAG 248 ACTIVITIES

○ INTERVENTIONS

- Individualized interventions based upon the assessment of the resident's history, preferences, strengths, and needs
- Activities to promoting “person-appropriate” activities.
- Many activities can be adapted in various ways to accommodate the resident's change in functioning due to physical or cognitive limitations



F-TAG 248 ACTIVITIES

○ Care Plan Revision

- Evaluate the effectiveness of the care plan



F-TAG 248 ACTIVITIES

○ **Staff Responsibilities**

- Activity Staff
- Nursing Assistants
- Social Services
- Nurses



F-TAG 248 ACTIVITIES

- **Staff Responsibilities**
 - Activity Staff



F-TAG 248 ACTIVITIES

- **Staff Responsibilities (cont)**
 - Nursing Assistants



F-TAG 248 ACTIVITIES

○ Staff Responsibilities (cont)

• Social Services Staff



F-TAG 248 ACTIVITIES

○ Staff Responsibilities (cont)

- Nurses

If I ran a nursing home, the kitchen would have a dozen plain mugs and one "World's Best Grandma" mug, just to keep things interesting.



F-TAG 249 QUALIFICATIONS OF ACTIVITIES DIRECTOR

- The activities program must be directed by a qualified professional who:
 - Is a qualified therapeutic recreation specialist or an activities professional who--
 - (A) Is licensed or registered, if applicable, by the State in which practicing; and
 - (B) Is eligible for certification as a therapeutic recreation specialist or as an activities professional by a recognized accrediting body on or after October 1, 1990; or
 - Has 2 years of experience in a social or recreational program within the last 5 years, 1 of which was full-time in a patient activities program in a health care setting; or
 - Is a qualified occupational therapist or occupational therapy assistant; or
 - Has completed a training course approved by the State.



F-TAG 249 QUALIFICATIONS OF ACTIVITIES DIRECTOR

The Most Creative Job In The World:

It involves love and caring, recreation, education, leadership, entertainment, handicrafts, art, cuisine, horticulture, literature, a sense of humor, intelligence, training, community relations, weekends & evenings, economics, maintenance, decorating, transportation, counselling, evaluating, enthusiasm, decision making, diplomacy, meetings, planning, purchasing, accounting, management, religion, psychology, hand work, daring creative thinking, theatrics, dexterity, music, physical fitness, patience and energy.

Anyone who can handle all these has to be someone special.

That Someone is an Activity Director!!!



F-TAG 240 QUALITY OF LIFE

- A Facility must care for its resident in a manner and in an environment that promotes maintenance or enhancement of each resident's quality of life.

Dedicated to providing the best quality of care and facilities for our residents



F-TAG 242 SELF DETERMINATION & PARTICIPATION

- The resident has the right to—



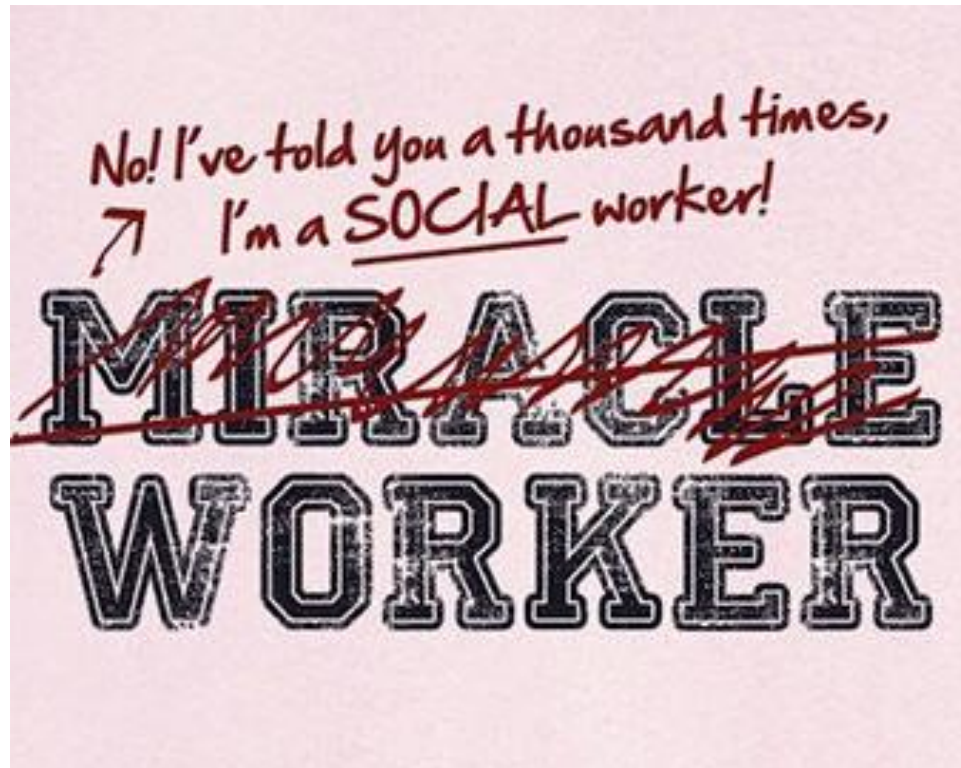
F-TAG 242 SELF DETERMINATION & PARTICIPATION

- The intent of this requirement is to specify that the facility must create an environment that is respectful of the right of each resident to exercise his or her autonomy regarding what the resident considers to be important facets of his or her life.
- This includes actively seeking information from the resident regarding significant interests and preferences in order to provide necessary assistance to help residents fulfill their choices over aspects of their lives in the facility.



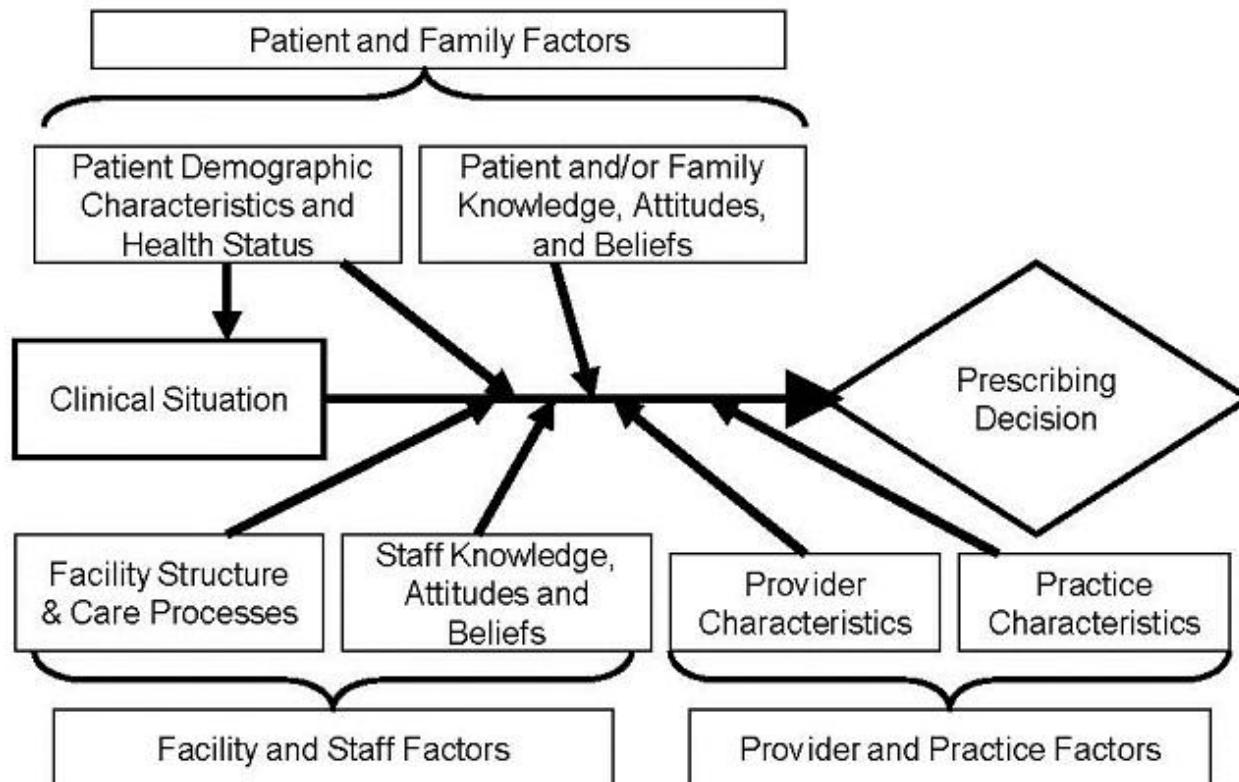
F-TAG 250 SOCIAL SERVICES

- The facility must provide medically-related social services to attain or maintain the highest practicable physical, mental, and psychosocial well-being of each resident



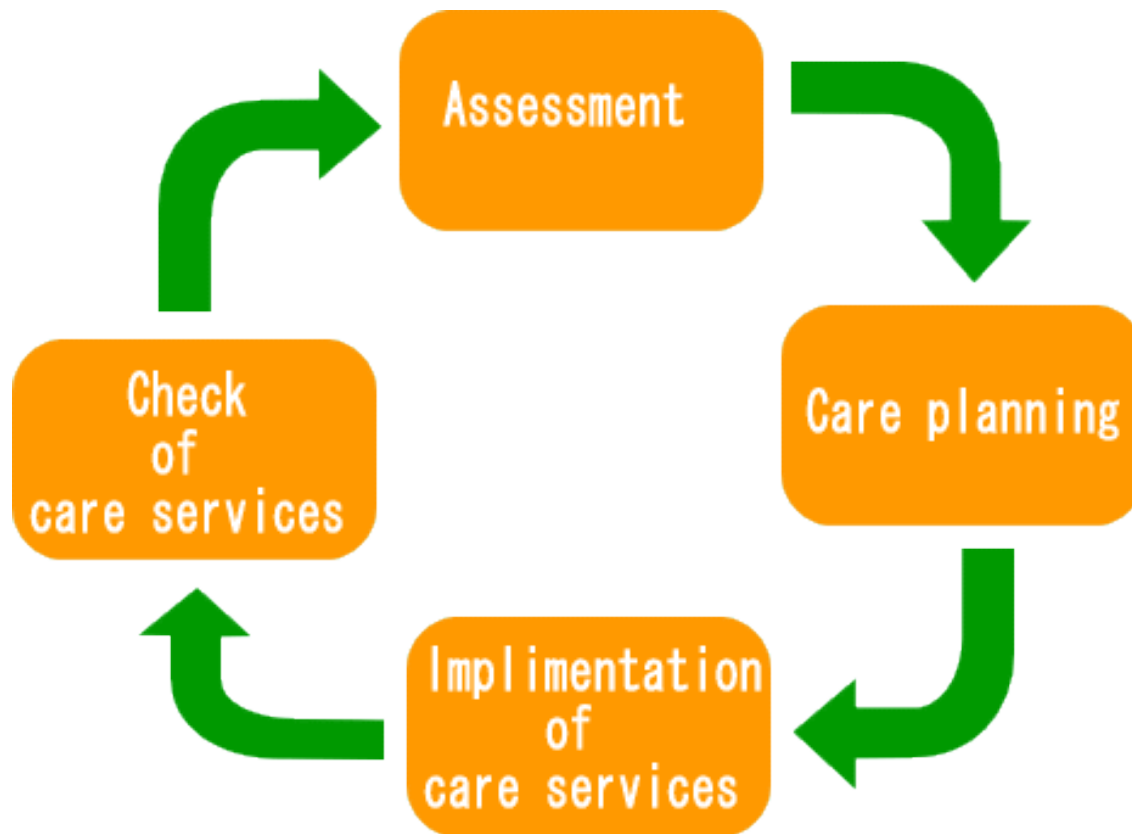
F-TAG 272 COMPREHENSIVE ASSESSMENTS

- The facility must conduct initially and periodically a comprehensive, accurate, standardized reproducible assessment of each resident's functional capacity



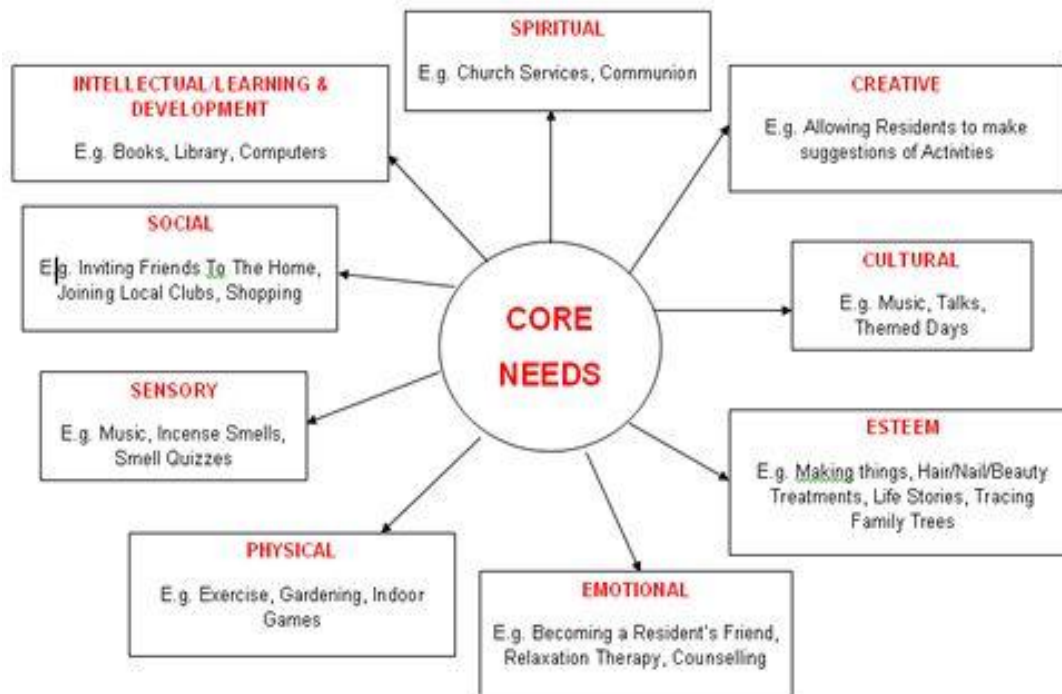
F-TAG 272 COMPREHENSIVE CARE PLANS

- The facility must use the results of the assessment to develop, review and revise the resident's comprehensive plan of care



F-TAG 272 COMPREHENSIVE CARE PLANS

- Develop a comprehensive care plan for each resident that includes measurable objectives and timetables to meet a resident's medical, nursing, and mental and psychosocial needs that are identified in the comprehensive assessment.



F-TAG 272 COMPREHENSIVE CARE PLANS

- The services that are to be furnished to attain or maintain the resident's highest practicable physical, mental, and psychosocial well-being as required; and
- Any services that would otherwise be required but are not provided due to the resident's exercise of rights including the right to refuse treatment



F-TAG 353 SUFFICIENT STAFF

- Have sufficient nursing staff to provide nursing and related services to attain or maintain the highest practicable physical, mental, and psychosocial well-being of each resident, as determined by resident assessments and individual plans of care



F-TAG 464 DINING AND RESIDENT ACTIVITIES

- The facility must provide one or more rooms designated for resident dining and activities. These rooms must:
 - Be well lighted
 - Be well ventilated
 - Be adequately furnished
 - Have sufficient space to accommodate all activities



IMPLEMENTATION OF PERSON-CENTERED ACTIVITIES

- It takes a village...
 - Can't use a cookie cutter approach
 - Need to update and change plans as your residents change
 - Keep it fun, enjoyable and person centered!!!!



THANK YOU!!!





**RESOURCES AVAILABLE TO
ASSIST WITH CULTURE
CHANGE TO ENHANCE THE
EFFECTIVENESS OF
PERSON-CENTERED ACTIVITIES**

WHAT IS CULTURE CHANGE?

- Culture change is an **on-going** process to deinstitutionalizing long-term care facilities to become person-directed homes.
- Culture changes involves three forms of transformation:
 - A. Physical
 - B. Organizational
 - C. Personal



PHYSICAL TRANSFORMATION

- Created neighborhoods – living & dining rooms
- Shadowboxes for each room residents room
- Bring in children, plants & animals
- Build raised gardens for plants & veggies
- Repainting
- Changing lighting to be softer
- Remove unnecessary signage
- Build smaller homes – 8-10 residents/elders



Gift Shop - TM Auxiliary



The CAFE

ORGANIZATIONAL TRANSFORMATION

(DECISION-MAKING)

Institutional Model

- Top-down decision-making
- Departmental silos
- Star rating
- Profit
- Census – full beds
- Staffing ratios
- Provide treatment

Culture Change Movement

- Resident centered/focused
- Decisions made close to the elder; residents, families & care partners
- Permanent assignment
- Learning Circles
- Build meaningful relationships
- Provide Care



PERSONAL TRANSFORMATION

The foundation of culture change.
Without a good foundation, the
new your are creating will not
last. – Eden Alternative ®

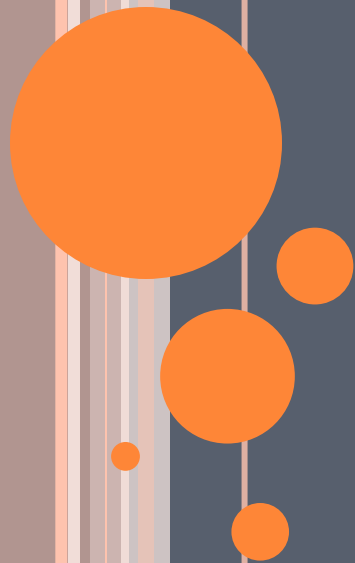


RESOURCES TO ENHANCE PERSON-CENTERED ACTIVITIES

- Become well-known
- Learning Circles
- Simple Pleasure's
- Create opportunities for the residents to give back
- Create interactions with other humans and animals
- Design programming to have variety and spontaneity



HOW TO EMPOWER RESIDENTS TO HAVE A PURPOSE FILLED LIFE THROUGH ACTIVITIES



RESIDENT COUNCIL



The “Donut Ladies”
co-presidents



Judging the
Ugly Sweater
contest



Toy Shopping and
donating to Barry County
Cares



RESIDENT VOLUNTEERS

- Donut sales every Friday
- Helping Hands 1-2x week
- Holiday event assistance



SOCIAL INTERACTION WITH PEERS & STAFF



ANIMAL INTERACTION



INTERACTION WITH CHILDREN



LIFE LONG LEARNING



Cooking class &
TMT Cooking Show



Art class &
Art
presentations

Music performances with
discussion/question and
answer



CREATIVE PROGRAMMING



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