



Bridging the Gaps

Engaging Residents Through Activities

February 23, 2021 – 10:00 AM

Proudly Presented By:



cassia

AN AUGUSTANA/ELIM AFFILIATION

Serving all by following One



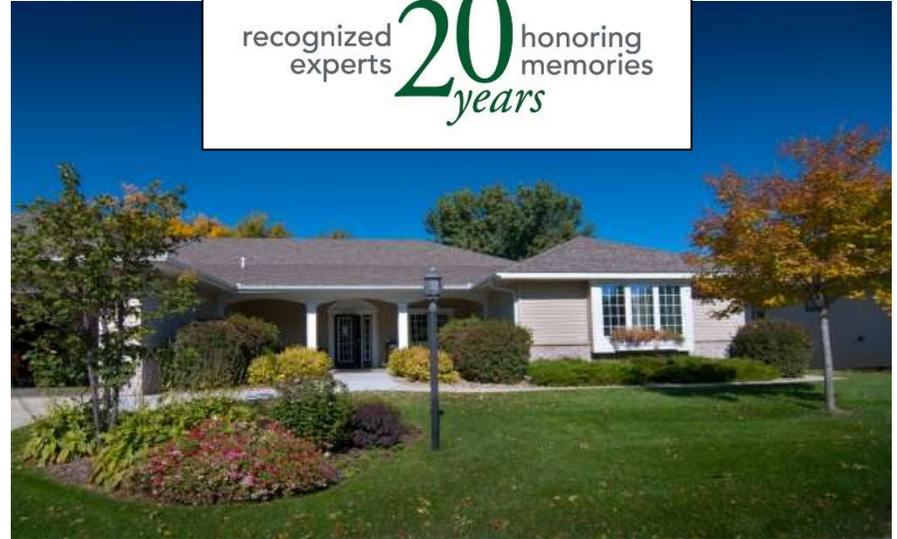
EMERALD CREST

memory care a ministry of  CASSIA



Host - Christine Drasher Emerald Crest Memory Care

recognized
experts **20** honoring
years memories



Intelligent Memory Care

With four locations in Burnsville, Minnetonka, Shakopee and Victoria, Minnesota, Emerald Crest memory care communities are truly inspired by residents and families. **Emerald Crest** offers a specialized assisted living setting for seniors with Alzheimer's-related conditions. Our expertise allows us to create opportunities for your loved ones that go beyond conventional notions of memory care.

Emerald Crest Memory Care Model

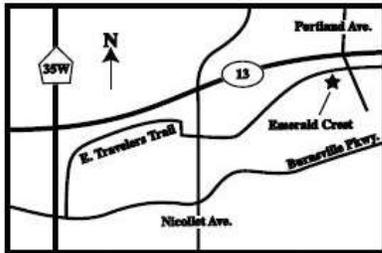
The Emerald Crest philosophy is rooted in the belief that individuals with dementia are unique and can flourish in an environment that provides them with opportunities for positive relationships, participation in their daily care and meaningful activities that promote success. Emerald Crest is solely dedicated to memory care and offers unique programming to meet residents' needs:

- Serene environments that are easy to navigate
 - 12-15 residents per house; 2-5 houses per location
 - Rooms surround common space, no long hallways
- Focus on ability rather than disability
 - Houses are designated by stages to provide specific programming and socialization
- Personalized care plan tailored to residents' unique needs
 - Developed by Registered Nurses and Occupational Therapists
- Comprehensive employee training program with qualified professional staff; those with direct care duties must undergo even further training and staff also receives on-going education annually



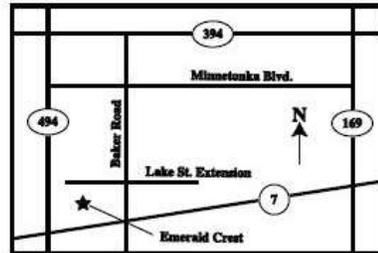
Emerald Crest Locations

Burnsville



451 E. Travelers Trail

Minnetonka



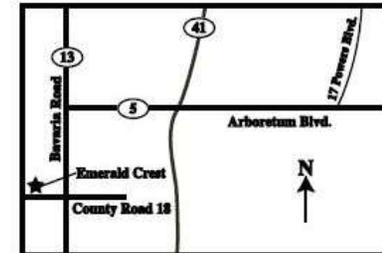
13401 Lake St Extension

Shakopee



1855 10th Ave W

Victoria



8150 Bavaria Road

Personalized video tours...

I'm Elizabeth, the admissions manager at Emerald Crest.

Call me, I'll personalize a video tour for a safe virtual visit!



952-908-2215 Call now,

or

Schedule a call!



www.EmeraldCrest.com ~ 952-908-2215

Cassia means “the heart of a servant”

An Augustana ~ Elim Affiliation



Senior Housing Options

Independent Living

Assisted Living

Memory Care

Enhanced Care Suites

Respite

Long Term Care

Short Term Rehab



www.CassiaLife.org

Serving all by following One

*Cassia's Mission:
Foster fullness of life for older adults in the spirit of Christ's love.*

Hospice

Grace Hospice
Minnesota Metro
(612) 238-0034

Guardian Angels † Elim

Buffalo · Elk River
(763) 241-0654

Home Care

Guardian Angels † Elim
Buffalo · Cambridge Elk River · Edina
(763) 241-0654

Pharmacy Services

A & E Pharmacy
1509 10th Ave S, Ste 16 Minneapolis, MN 55404
(612) 238-8615

Assistive Technologies

Cassia Learning Lab
32 Tenth Ave S, Suite 102 Hopkins, MN 55343
(952) 456-8796
(612) 554-2317 cell

Medical Supply

Elim Preferred Services
(763) 550-9486

Rehabilitation Therapies

Centrex Rehab
Minnesota, North Dakota, Colorado, Ohio
(952) 495-6000

Pro Rehab

Minnesota, Iowa, North Dakota
(952) 955-2242



www.CassiaLife.org

Serving all by following One

SPEAKERS

Their role as the Occupational Therapist at Emerald Crest is to work with the housing director, nurse, direct caregivers, and families to identify what challenges or gaps our residents may be experiencing due to their dementia. They then work with the team to identify and develop strategies and techniques to fill in those gaps so that we can maximize the residents' abilities and level of function. Sarah and Jenny focus on cognitive assessments, behavior management, staff training, and finding opportunities for residents to participate in daily care and meaningful activities that promote success and self worth.



Jennifer LaVoi, OTR/L
Director of Cognitive Care
18 Years at Emerald Crest



Sarah Zeigler, OTR/L
Occupational Therapist
12 Years at Emerald Crest

All people have a need for activity



As children we play....



As adults we work....



With a little time for play...



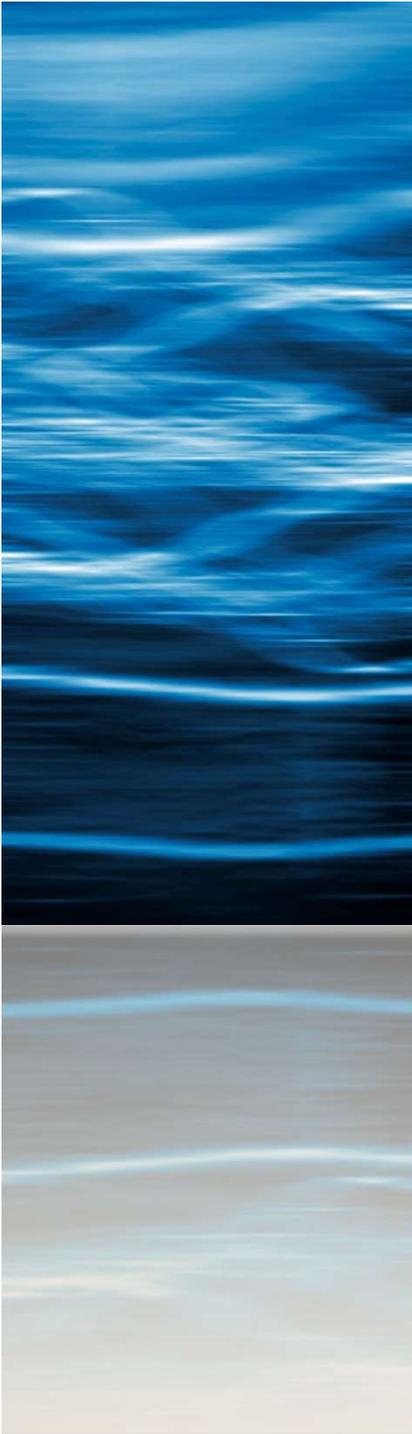
Does that change when someone gets dementia?





Objectives

- Understand that the need for activity continues. All persons with dementia need balance of rest and activity.
- Recognize importance of structure in the lives of persons with dementia.
- Understand considerations in determining appropriate activities for persons with dementia.



Let's make sure we're all on
the same page.

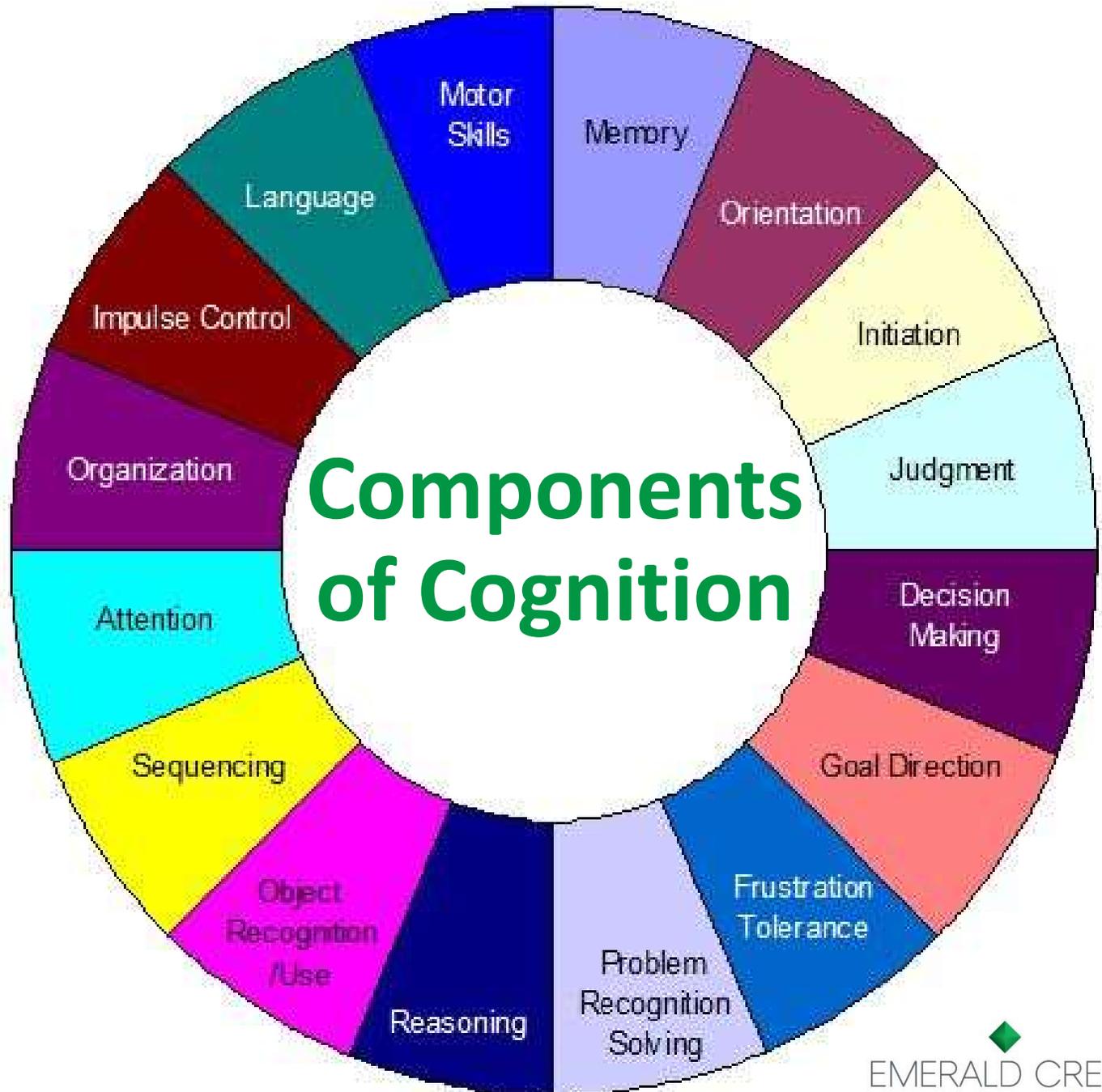
What comes to mind
when you think of the word

Dementia?

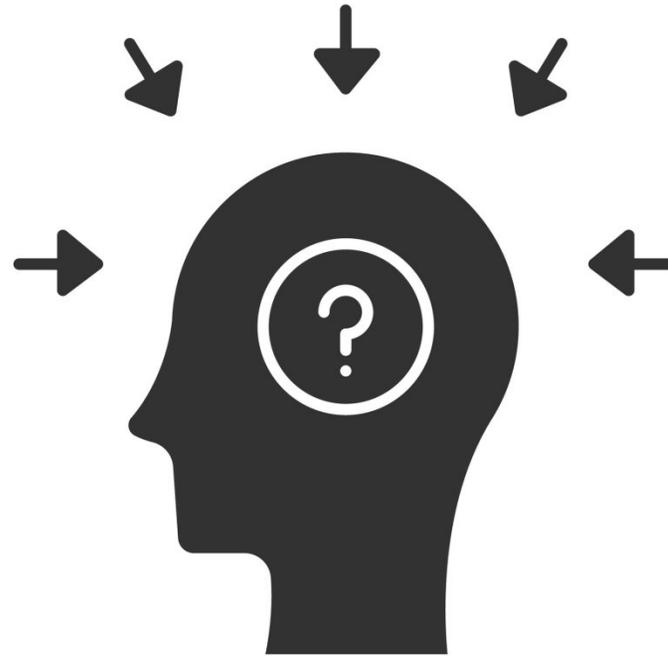


Definition of Dementia

- A group of symptoms
- Difficulty managing personal affairs (i.e. finances, making decisions, organizing houses, job, responsibilities, and day); often this is the 1st sign but not recognized
- Memory loss
- Inability to complete quality cares in a timely manner (i.e. dressing, grooming, meals, etc.)



Theresa Klein, OTR/L copyright 2006. Updated 10/2020



- As dementia progresses, so does a persons ability to process information coming in.
- This affects their ability to complete past tasks and activities.



We may notice changes by:

- Increased isolating, not wanting to leave their apartment or room.
- Increased sleeping during the day.
- Watching lots of TV during the day.
- Be more passive throughout the day.
- Increased anxiety.



**We notice changes,
but what do we do??**





Those with dementia lose the ability to plan, initiate, and complete activities on their own, therefore they need caregivers to plan and execute activities.

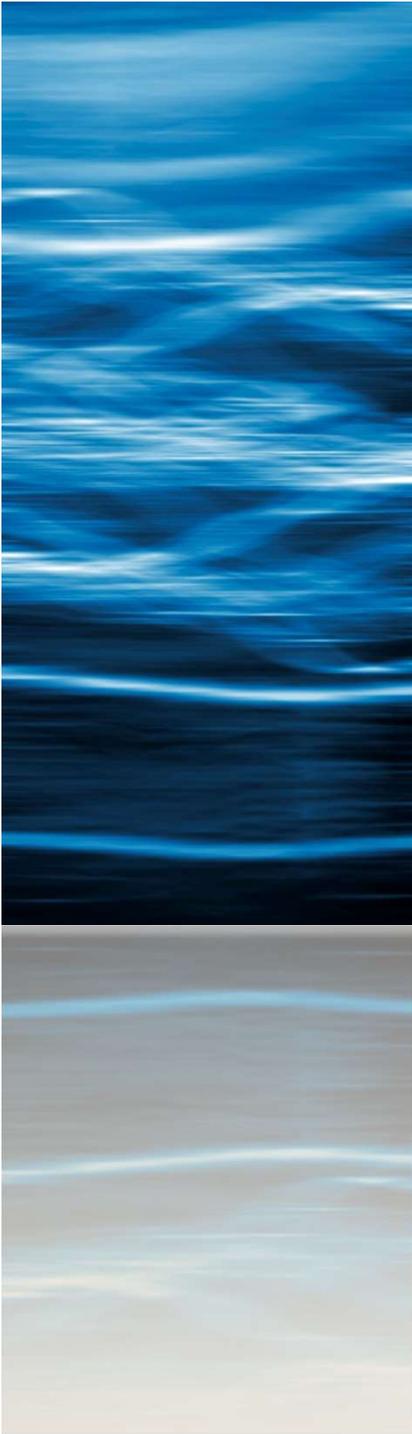
We need to provide:

STRUCTURE



How does structure look?

- A consistent daily schedule created by care partner(s)
- A balance between activity and rest
- A delicate balance between stimulation and over stimulation

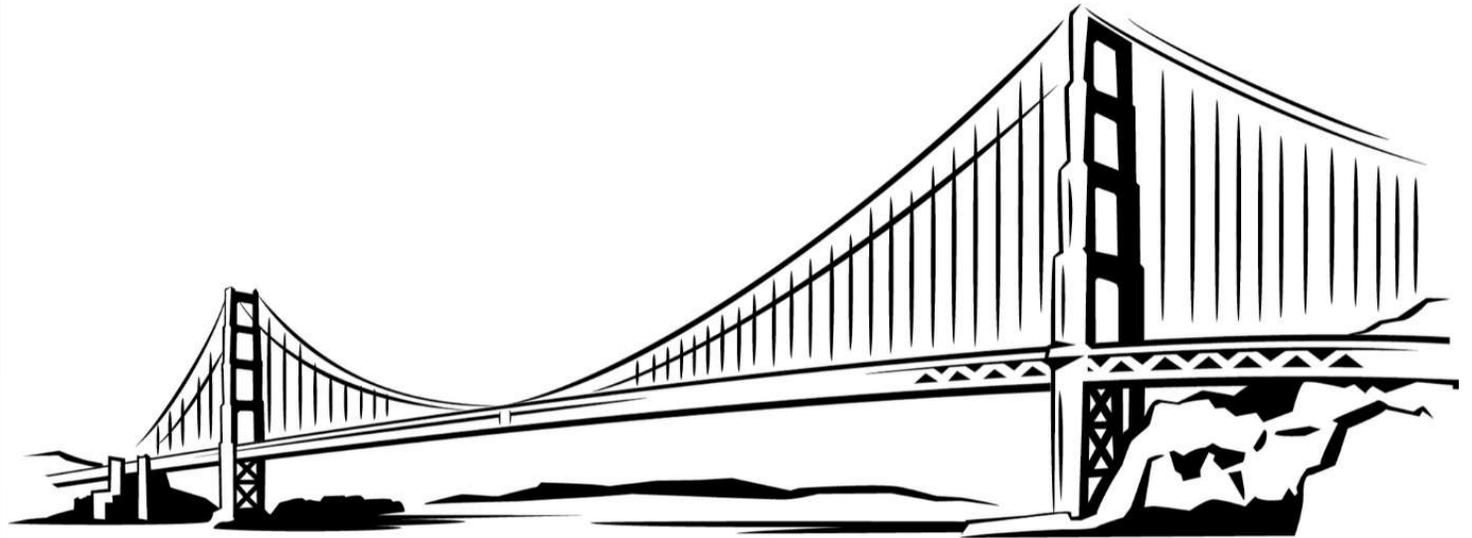


What is important in a schedule?

- Routine/Consistency
- Same activities at same time
- Same routine 7 days a week
- Same procedure for activities
- Variety is more for the caregivers



Why is structure important?





WHY STRUCTURE?

- No longer able to plan and execute tasks
- Brings control to chaos
- Predictable and reliable
- Helps decrease behaviors

Structure can help decrease behaviors:



Meet Freddy:

- Pacing
- Agitation
- Frustration



**Now that we know
what structure looks
like, how do we choose
activities for those with
dementia**





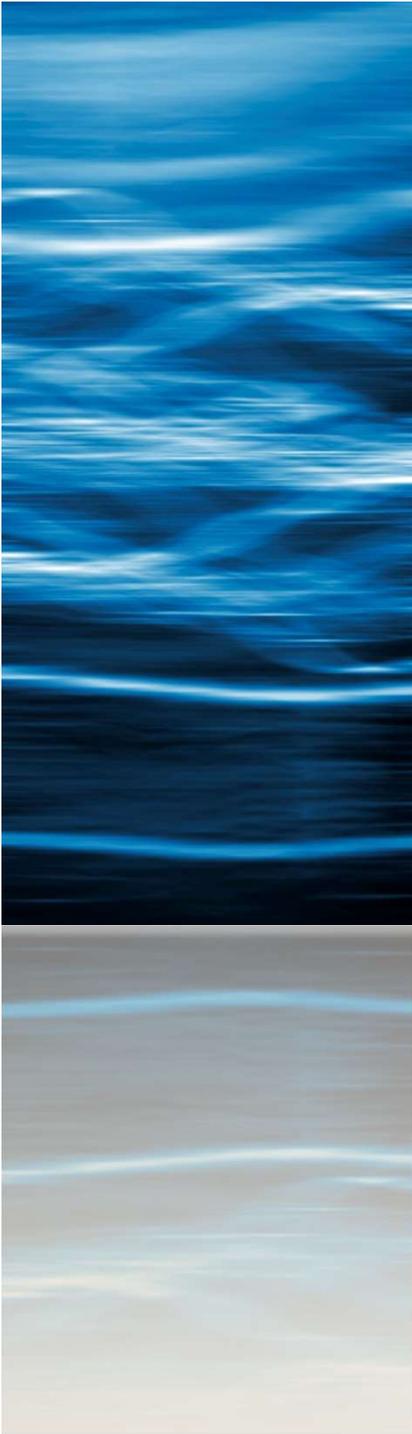
How to choose activities:

Formula:

Past History & Interests

+

Current Abilities



Past History & Interests

- Get to know your patient/resident/client
- Ask family/friends for information
- Realized that as abilities change so can interests
- Care partners need to make a paradigm shift in what is purposeful for the individual

Purposeful Activity:





Determining current abilities:

- Get to know your resident/client
- Assessment
- Trial

***Occupational Therapists
are skilled in this!***



What to Measure in Assessment:

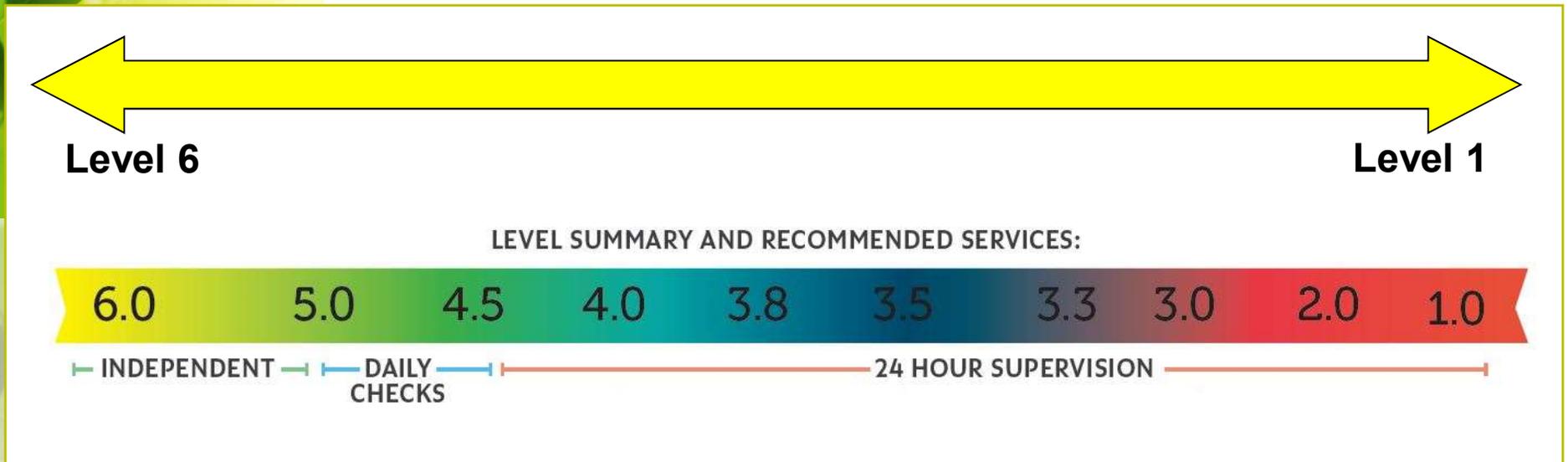
- Initiation
- Attention Span
- Number of Steps
- Sequencing
- Goal-direction
- Frustration tolerance



The Allen's Cognitive Levels are one method to look at these skills

Allen Cognitive Levels

- Developed by an OT named Claudia Allen in the 1970's
- Original developed for clients with mental illness. In the last 15-20 years has been utilized with those who have dementia.
- Assumes dementia residents function at different levels.
- The levels are a scale of 1-6; where 1 = severe cognitive impairment and 6=normal cognitive functioning.
- Guides recommendations





**At different stages of
dementia activities
may look different**





Early Stage Dementia

(Allen's 5.5 – 4.6)

- Reading
- Writing
- Talking-open-ended conversation
- Imagining

Early Stage Dementia

Goals:

- **Tasks with a clear purpose**
- **Steps: 4-5**
- **Attention span: 45 minutes – 1 hour**

Suggested Activities:

- Household tasks
 - Cleaning out the Fridge
 - Putting away the dishes
 - Laundry
 - Dusting
- Community based activities (church, book club, card club, volunteering, exercise classes, etc.)
- Preparing simple meals
- Scrapbooking
- Woodworking
- Gardening
- Shopping
- Cutting Coupons
- Making Notepads
- Art/Crafts



Middle Stage Dementia

(Early Middle / Middle /Late Middle)

Early Middle (Allen's 4.5 – 4.0):

- **Successful activities at this stage are social and conversation focused**
- **Verbal activities led by care partners**
- **Simple tasks with clear ending**
- **Success when including all senses with props/visuals**
- **Steps: 3 - 4**
- **Attention span: 30 – 45 min.**

Suggested Activities:

- Supervised short outings in the community
- Trivia games
- Short stories
- Exercise (video or group setting)
- Cooking/baking
- Household tasks
- Finish the phrase
- Penny Ante
- Name that tune
- Reminiscing
- Videos that are more visual and not plot based
- Music/Sing a longs
- Games/Cards
- Sorting Socks
- Stuffing Envelopes



Middle Stage Dementia

(Early Middle / Middle /Late Middle)

Middle and Late Middle

(Allen's 3.9 – 3.3)

- **Verbal activities led by care partners that are simple, concrete, and given or prompted with simple answers or choices.**
- **Successful activities at this stage are “Doing” vs. “Talking” focused.**
- **Success when including all five senses and objects.**
- **Steps: 1 - 3**
- **Attention span: 15 – 30 min.**

Suggested Activities:

- Music/Sing A Longs
- Games with less steps
- Exercise in more of game structure that is guided by care partner
- Participating in single steps in activities like cooking, gardening, etc.
- Sorting and organizing items
- Folding wash cloths
- Wrapping utensils in napkins
- Polishing Shoes



Late Stage Dementia

Late (Allen's 3.2 – 1.0)

- All activities are designed to alert and engage the senses (tactile)
- Sensory based exploratory tasks
- Success when using objects that can be held and manipulated by individual
- End results looks different....
- Steps: 1
- Attention span: 5 – 15 min.

Suggested Activities:

- Listening to music
- Parachute
- Hand massages
- Back rubs
- Smelling flowers
- Rolling a ball
- Simple walk
- Sanding a block of wood
- Smoothing fabric or rolling yarn
- Fidget blankets and stress balls
- Baby dolls
- Animated pets
- Photo albums
- Relaxation Videos



Meet Mr. J

Past History=

John Deere Salesman

Behavior=

Taking apart furniture

In home

Current Abilities=

Difficulty using objects



Meet Mrs. H

Past History=
Housekeeper

Behavior=
She often cried and
Wandered around house

Current Abilities=
Needed caregiver to
Initiate activity, create
schedule.



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Activities can be provided in a group





Parts of a group:

- Planning
- Invite and escort
- Introductions/ “Welcome”
- Activity
- Clear ending/ “Thanks for coming”

Hints for successful activities:

- Environment should be calm
- Leader should be present with energy
- Present information in a clear and respectful manner
- Activities should be concrete
- Success may be different for each resident



**Remember all people,
regardless of their cognitive
ability like to laugh & have fun!**



Thank You!



2021

www.EmeraldCrest.com

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