

CREATING QUALITY CALENDARS

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Let's Play get to know you BINGO

A 3D rendering of a bingo card with five balls labeled B, I, N, G, O. The bingo card is red and white with blue numbers and a blue 'X' in the center. The balls are white with black letters.

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What is Person Centered Care?

- **Dementia Reconsidered: the Person Comes First** – Author Tom Kitwood
- To know the person and their preferences and to ALWAYS put that before their diagnosis
- **CONSIDERATION** - ALL staff who work with our residents to know 10 facts about them

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Person Centered care language



WHAT IS WRONG WITH THE STATEMENT BELOW?

- I am going to go over the Alzheimer's unit and grab the patients to bring them down to the small dining room. Sally told me the feeders need to eat in that room now and be sure we use the bibs as they don't want to have to change clothes after lunch. She also said to tell us that 302 is really difficult, she has been kicked out of 2 other places and she is a hitter and has many behaviors. It's not our job but she also said to let the care staff know if they need their diapers changed.
- **EVERYTHING!!!!!!!**

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Creating life stories



- Meet with every new resident and their family to complete a social history and life story.
- Determine if you company has a form to use or create one
- Need to learn about the following topics in the first week of move in to include: job the resident held, family member names, interests, favorite things, hobbies, travels, accomplishments, preferences and life shaping events,

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JoAnna -901- "Mama Jo"

	<p>I love to watch television. I like to watch the news, but I like to watch the sports.</p> <p>I like to watch the news, but I like to watch the sports.</p>	
<p>I like to watch television. I like to watch the news, but I like to watch the sports.</p> <p>I like to watch the news, but I like to watch the sports.</p>	<p>I like to watch television. I like to watch the news, but I like to watch the sports.</p> <p>I like to watch the news, but I like to watch the sports.</p>	<p>I like to watch television. I like to watch the news, but I like to watch the sports.</p> <p>I like to watch the news, but I like to watch the sports.</p>

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When are people already together in groups ?



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Creating social snapshots



RESIDENT SNAPSHOT - NEED TO KNOW					
Room	Resident Name	Past job	Likes	Dislikes	Comforts
res 212	Italy	Teacher- 4th grade-4th school	daughter-Jane ,coffee, Cat	man, noise, groups	prayer, cat, sunroom
Res 222	Fred	justice chief-4th city	Beer, in bridge, dog, sports	being told what to do	beer, Dr. Smith sent you
Res 243	Arnold	Farmer's wife- helped on farm	bibb, tea, ice cream, hymns	being lost	play um on her phone

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- List other jobs found when doing study:
- Residents who religion is important to them:
- What religions are represented:
- Residents who like to drink coffee:
- Residents who like to sing:
- Residents who like to look at magazines:
- Residents who like to be helpful:
- Residents who like to fold:
- Residents who like to sort:
- Residents who like to hold a doll for comfort:
- Residents who would like having robot pet or stuffed animal:
- Residents who would like a fidget apron or twiddle muff:
- Residents who like sports:


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Residents who like to look out the window:
Residents who would like to listen to headset of their favorite music:
Residents who like to complete coloring pages w/markers/colored pencils:
Residents who like to chat with other residents:
Residents who like to reminisce:
Residents who like to relax, rest, in quiet area away from others:
Residents who like to watch games shows on tv
Residents who like to go for a walk:
Residents who like hand massages:
Residents who like exercise groups:
Residents who like to dance:
Residents who like to help comfort other residents (safely)

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Hosting a resident & family planning fair and creating input surveys


- Within first 45 days when possible send a letter introducing yourself to your new families, residents and staff
- Create a survey to put with the letter for you residents, staff and families to give input to you that you need. How are things going? What would you like to see more of? Ideas they would like to see added to the calendar
- Host a PLANNING FAIR where you can have various tables that will have pictures, brochures, menu's , examples of things in categories such as Possible outings, crafts, entertainers, classes, recipes, new topics and create table tents at each table. Have participants walk thru with sticky note paper tabs and put one on the ideas they like to gather input.



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How to facilitate a quality group program

- Say hello to all in attendance using their name
- Welcome the group and announce what the program will be
- Provide instructions or overview
- Ask for volunteers to help you and call on people by name to contribute
- Thank each person who volunteered and at the end thank each person who attended



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Gathering Ideas and Themes

- This career will take keeping the creative juices flowing
- Build in planning time on your calendar at least weekly 30-1 hour make appt with yourself
- Create a real or virtual folder to keep ideas in
 - www.activityconnection.com
 - www.brownielocks.com
 - www.pinterest.com



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Planning for the Holidays

- What month does not have a holiday?
- January - New year's Day & Martin Luther King day
- February - Valentine's day, Groundhog day
- March - St. Patrick's day
- April - Easter
- May - Mother's day, Memorial day
- June - Father's day
- July - 4th of July
- August -
- September - Labor Day
- October - Halloween
- November - Thanksgiving
- December - Christmas , New Year's Eve



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What programs can you make your calendar in?

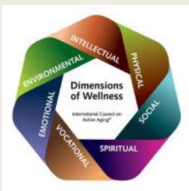
- www.activityconnection.com
- www.caremerge.com
- www.sagely.com
- www.quilt.com
- www.touchtown.com
- www.intouchlink.com
- www.activitypro.com



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ICAA active aging week

- <https://www.activeagingweek.com/futuredates.php>
- <https://www.icaa.cc/>
- 7 dimensions of wellness



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Platforms to make calendars in

- www.activityconnection.com
- www.illustratus.com
- www.gosagely.com
- www.caremerge.com
- www.touchtown.com
- <http://carextech.com/how-smile-works.html>



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Let's Do exercise group

- Let's do exercise group the WRONG WAY
- Let's do exercise group the RIGHT WAY
- WHAT WAS THE DIFFERENCE?



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Creating quality calendars -IL

- MIND
- BODY
- SPIRIT
- Resident learning -classes
- Volunteer opportunities
- Entertainment
- Outings



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Creating quality calendars AL

- MIND
- BODY
- SPIRIT
- SOCIAL
- OUTINGS



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Creating quality calendar MC

- MIND
- BODY
- SPIRIT
- TABLE TOP
- REFRESHMENTS

- TIME TOGETHER
- Ability based



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Creating Opportunities for building self esteem

https://youtu.be/D_sbiUC5wE8



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Alternative therapies

- MUSIC
- ART
- DANCE
- PET
- DOLL
- HUMOR



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Quality Outings

- Share the risk
- Get approval from ED and nurse
- Take list with you
- Take allergies, outing bag
- 1 staff to 4 people for AL or MC
- Overnight outings have risk agreements



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Memory Care specific programming ideas

- Ability based calendar offerings
- I need you baskets
- Sensory baskets
- SPONTANEOUS activities
- SET THE STAGE
- ALL DAY engagement



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LEXINGTON Health Care

Mr. Design Clubs to support Residents abilities

NOVEMBER 2011

MAKING MEANINGFUL DAYS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club: Memory Club	10:00 Fun in the Sun						
Meals: 11:00 Coffee							
Location: Large Dining room	10:00 Craft Corner						
Large group: Music	11:00 Bridge						
Club: Memory Club	10:00 Parachute						
Meals: 11:00 West year waffle							
Location: Large dining room	10:00 Sing a Song						
Small group: 10:00 Memory Share							
Club: Lark Cove	10:00 Memory Share						

Special Note: All programs are subject to change that are more individualized than most other residents. Funding, timing, scheduling, transportation, program, card playing, meeting with friends, helping with mail, etc. are all subject to change.

Monthly Highlights:
 Nov 6 - 1:00 AM Therapy
 Nov 13 - 10:00 AM our 1st game day
 Nov 20 - 1:00 AM Sports Show/Show
 Nov 27 - 2:00 PM Taste the Cream
 Nov 28 - 11:00 AM Show

Each Day Residents include:
 Breakfast 8:00
 Lunch 12:00
 Dinner 5:00
 Daily walk about 2:00

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End of life programming ideas

- SENSORY
- MY 5 WISHES
- COMFORT PLAN SIGHT SOUND TASTE TOUCH SMELL



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Bulletin boards and seasonal décor

- Homelike- not like a school room
- 3 d - décor when possible
- Seasonal décor
- Announcements that you can read
- Have residents help



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Stay in touch.....let me mentor and help you grow

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