



Hot Topics: What Every Activity Professional Needs to Know
MNSWAP 10.14.21

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- Purpose:
- Hot Topics
 - Pandemic Recovery Current State of Affairs
 - Assisted Living Surveys and Activity Compliance
 - Life Enrichment in Social Media – Resident profiles for engagement
- Your Questions – What is **YOUR** Hot Topic





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Current State of Affairs... Finding it hard to make progress





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Quick Chat Poll

My current feeling with the Covid-19 Pandemic process is

- A. Little change still very challenging
- B. Feeling some Improvement
- C. déjà vu Here we go again!
- D. Getting closer to a Recovery mode – Ready to Pivot





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Lessons Learned... Yes A Light at the End of the Tunnel





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Pandemic Recovery Plans – Operationalizing the “New Normal”

- Perfect and Embrace Technology
- Incorporate Meaningful Conversations into Practice Modalities
 - Be an Infection Control Expert
 - Family Engagement Strategies
- Create a Formal Written Recovery Plan
 - Be Prepared for Roadblocks
 - Enjoy the Successes!



Therapeutic Activities Post-Pandemic Lessons Learned and Challenges for the Future
 MANSWAP September 15, 2021

An Example of how to operationalize your Recovery Plan

Therapeutic Activities Recovery Plan			
Program Type	Pre-Covid	Covid Status / Current	New Normal
Large Group	4-5 times weekly 60-75 participants	Month full cancelled per Church 1 X week	2-3 Times weekly. Music and Social Singing for unaccompanied residents only. Scheduled 4x weekly. Social Singing for unaccompanied residents.
Small Group	2-3 times daily 40-50 participants in 20	1-2 times daily 10-20 participants	1-2 times daily 10-20 participants. Request of additional resources more than 1 residents and more than 1 staff of the facility. Daily for select residents per type of care.
One to One Programs	Daily for select residents per plan of care	1-2 times weekly for all residents	1-2 times weekly for all residents to add to events and individualized activity sessions.
Residence Resident Programs	100% of all activities requested	Technology enabled, social, and online. Face Time on several times a week. Activities with residents.	Assess services requirement. Contact need for all residents. Have action plan to increase in any COVID outbreak situations. Enhance technology knowledge and services by the staff. Make PLANS through to center.
Community Support Center	Scheduled per design general internal and external with early morning attendance	No community support center. Select online community event new hour. Community event with Covid testing and month been been allowed.	Make PLANS through to center. Open - inside or outside. Covid Testing. Vaccination Program. Make PLANS through to center. Open - inside or outside. Covid Testing. Vaccination Program. Food Service. Preparation and Action Plan for Reassessment of event. COVID Calculation Plan.
Additional Program Areas			



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Surveys and Compliance – Skilled Sites

- Activity Programming is the Expectation
 - Survey Examples
 - Early Pandemic
 - Recent during Outbreak
- Current CMS and MDH recommendations – Confusing and Difficult to implement
- Focus on emotional health, trauma informed care and the role of Activity Services
- Assisted Living Welcome to the Club!



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Surveys and Compliance – Assisted Living

- Licensing Differences and Regulatory Intent (Focus)
- Program Description
- Activity Evaluation Components
- Activity Plan Components
- Non-Pharmacological and Structured and Non-Structured Activity Programs



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Licensing Differences ~ Regulatory Intent

- Two types of Licenses – Strictly Assisted Living site, or Assisted Living with Memory Care
- They range from very general requirement to specific more descriptive requirements
- Higher content focus... person centered, very individualized, daily routines based on engagement strategies that include an all staff approach





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**Program Description – 2 Requirements / All license types
(See Handout)**

- Provide culturally sensitive programs
- Have a daily program of social and recreational activities that are based upon individual and groups interests, physical, mental, and psychosocial needs, and that creates opportunities for active participation in the community at large





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Activity Evaluation Components
(Memory Care sites only for rest of requirements)

- Past and current interests
- Current abilities and skills
- Emotional and Social Needs
- Physical Abilities and limitations
- Adaptations necessary for the resident to participate
- Identification of activities for behavioral interventions





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Activity Plan Components
(Plan is based on the Activity Evaluation)

- Occupational or chore related
- Scheduled or planned events including entertainment and outings
- Spontaneous activities for enjoyment or to diffuse behavior
- One-to-one activities that encourage positive relationships between residents and staff
- Spiritual, creative and intellectual activities
- Sensory stimulation activities
- Physical activities that focus on ability to move or maintain movement





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Non-Pharmacological Interventions, Structured and Non-Structured Activity Interventions

- Part of the Assessment Process
- On-going Method of daily implementation
- Using all Staff Approach for implementation

Best Practice for Activity Programming in Assisted Living
Documentation Compliance versus Programming Excellence – What are the Have To's??





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Life Enrichment in Social Media





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MEDIA SENSATIONALISM

DESPERATE AT 'DEATH RIDGE'

As more than 90,000 of the nation's long term care residents have died in a pandemic that has pushed staffs to the limit, advocates for the elderly say a tandem wave of death separate from the virus has quietly claimed tens of thousands more, often because overburdened workers haven't been able to give them the care they need.





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ESSENTIAL





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AARP INSIDE NURSING HOMES: REAL STORIES



His Music Lifts Up Lonely Residents



Her Letters to Residents Help Fight Isolation



Nursing Home Worker Refuses to Retire





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we NEED to share our stories





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Making Dreams Come True!





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<https://dreamflights.org/>





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Please check with your company policies on Social Media before taking action

- Residents
- Family
- Friends
- Community
- Staff



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HOT Topics

What Do You Need / Want To Know?

Questions and Hopefully Answers



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We appreciate you!
Pam & Nancy


