

Activity Programming to Meet Your Resident Population's Needs

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Overview

- Demographics
- "Special Populations"
- Dementia Focused Activity Programming

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Developing a Program Accurate for the Facility

- Bible study, Bingo & Ball toss mentality
- Any Bingo hall fanatics when we do the history?
- Why is Bingo so popular?
- Changing population of nursing facilities

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Developing a Program Accurate for the Facility

- Calendars often represent residents who can say what they want
- Calendar should reflect the interests of all residents

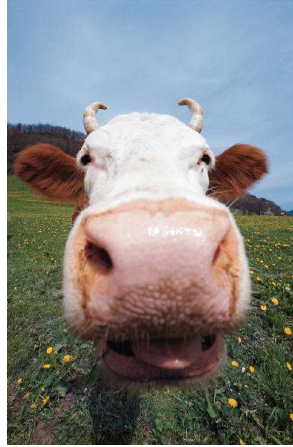
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Assess a Sample Calendar

March 2013 Early Literacy Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SLC St. Charles City County Library DEVELOP Read to Succeed</p> <p>Helping your child get ready for read is easy. Just do one fun activity each day. Ask your local children's librarian for more tips and ideas to promote pre-reading skills in your child.</p> <p>Celebrate Dr. Seuss! Read your favorite Dr. Seuss book.</p> <p>Look at the event guide to see what programs are happening this month!</p> <p>www.yournewspaper.com/links</p>						
1 WRITE	2 WRITE	3 WRITE	4 WRITE	5 WRITE	6 WRITE	7 WRITE
8 WRITE	9 WRITE	10 WRITE	11 WRITE	12 WRITE	13 WRITE	14 WRITE
15 WRITE	16 WRITE	17 WRITE	18 WRITE	19 WRITE	20 WRITE	21 WRITE
22 WRITE	23 WRITE	24 WRITE	25 WRITE	26 WRITE	27 WRITE	28 WRITE
29 WRITE	30 WRITE	31 WRITE				

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Assess a Sample Calendar

- Who is it developed for?????
- Select a week
- High cognitive functioning
- Medium cognitive functioning
- Low cognitive functioning
- All

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Assess This....

- Bingo
- Exercise
- Bible Study
- Music
- Arts and Crafts
- Trivia

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Developing a Program Accurate for the facility

- Each facility is unique with a unique personality
- This can change over time
- Try assessing your calendar
- Who are your activities developed for?
- Does it represent your facility population?
- How will you know?

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Assessing Your Demographics

- Memory Impairment
- Cognitive Abilities
- Age Ranges
- Male/Female Ratio
- Dignity Issues

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Demographics Memory Impairment

- MDS – BIMS Section C
- Short Term Memory
 - Impacts attention span
 - Most residents have this type of impairment
 - Most forms of Dementia
- Long Term Memory
 - Reminiscent activities
 - Traumatic Brain Injury and/or Trauma

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Demographics Memory Impairment, cont.

- Mastery of an Activity
 - Repetition
 - Familiar Tasks
 - Long Term Memory
- Utilizing Activity History to Anticipate Areas of Interest
 - Modification of previous interest
 - Activity History Assessment

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Demographics Cognitive Impairment

- No one is automatically excluded related to cognitive impairment
- Based off activity history and areas of interest
- Is it meaningful?
- Document on exceptions
- Reasonable chance of success

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Demographics Cognitive Impairment

- BIMS score 0 - 15
- Independent (10 – 15)
 - Large group
 - Self-directed
- Moderately Impaired (5 – 10)
 - Any combination of levels
- Severely Impaired (0 – 5 or staff interview)
 - Often times 1:1/in-room

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Demographics Age Ranges

- Facility Report from MDS Coordinator
- Age Ranges
- Consider era they grew up/lived adult years in
- Match with similar interests
- Not always limited to age interests

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Demographics

Male/Female Ratio

- Facility Report
- Activities that appeal to both men and women

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Demographics

Dignity Issues

- Utilize Activity and/or Social History to Identify Dignity Issues
 - Too Childlike
 - Coloring
 - Too Feminine
 - Cooking, Beauty Shop
 - Too Masculine
 - NASCAR

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Demographics Dignity Issues, cont

- Too Uncomfortable
 - Socially “exposing” themselves
 - New residents
- Title of Activity
 - Projects v. Crafts
 - Title/Genre of Movie
 - Creative titles

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Special Populations Younger Residents

- Provide with Age Appropriate Activities
- Hand Held Games
- Computer Access
- Music
- Movies
- TV Channels
- Video Games
- Focus on their Activity History



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Special Populations Younger Residents, cont.

- Video games
- IPAD
- Laptop computer
- Happy hour
- Ordering out
- Laptop games
- Pets
- Coffee Shop
- On-going computer access

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Special Populations Younger Residents, cont.

- Disconnected
- Volunteer Use
- Don't force residents to associate with those they are not comfortable with
- Utilize them as "Activity Assistants" when possible
- Provide them with an opportunity to belong

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Special Populations Males

- Men's Clubs
- Dart Boards
- Guns
- Hunting Videos
- Coffee
- Outside Activity



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Special Populations Males, cont.

- Ask the Residents
- Find out what type of population you are working with
- Typically men prefer smaller social settings
- Don't assume they are loners

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Special Populations Males, cont.

- Guest Speakers
- Preferably men
- Coaches
- Police Officers
- Wildlife Officers
- Firefighters

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Special Populations Males, cont.

- Utilize "men" Food
- Peanuts
- Pretzels
- Anything Homemade
- Finger foods
- Fried foods

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Special Populations Rehab- Focused

- Rehab-focused Residents often Feel “Different”
- Don’t want to associate with other residents
- Feel they have nothing in common with other residents
- Don’t want to be identified with other residents

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Special Populations Rehab- Focused, cont.

- Activity Cart
- Can be filled with a variety of items
- Place outside therapy office
- Place in a main are
- Allows 24 hour availability of activities
- Individualized activity bag

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Special Populations Rehab- Focused, cont.

- Provide Different Activities
- Pass the Activity Cart
- Attempt One on One to Establish Rapport
- Treat it more as a hospital stay

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Mental Illness

- Incorporate activities that assist with anxiety and depression
- Opportunities for small groups and/or 1:1 interaction
- Assist in social interactions
- Understand they may not read social cues well
- Utilize their history around people
- Set up for success
- Individualize their program

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Remember the “why” of Activity Programs

- Meaningful engagement
- Defining success
 - Number of attendees
 - Length of activity
- Psychosocial well-being

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Dementia Focused Activity Programming

- Smaller groups
 - Assistance with dining table
- Shorter time frame
 - 3 to 5 minutes
- Sensory Focused
- Layered Activities
- Process not Product
- Demonstration is necessary
 - 7 words or less

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Dementia Focused Activity Programming

- Create a “yes” environment
- Find out why something works and repeat using that concept
- Failure free activities

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Dementia Focused Activity Programming – Successful ideas

- Theme bags/boxes
- Spark of Life Club
- Montessori Method
- ❖ **The Philosophies of Montessori:**
 - To Focus on an individual’s abilities, not deficits
 - To Engage in meaningful activities
 - To Allow for highest level of functioning possible
 - To Enhance self-esteem
 - To Provide meaningful, social roles

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Demonstrations



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