



**THE WHY AND HOW OF A
PERSON CENTERED CULTURE**

STEPS TO SUCCESS IN LIFE ENRICHMENT
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**ACTIVITIES IN A PERSON
DIRECTED ENVIRONMENT**

PROGRESS ON THE ROAD TO PERSON DIRECTED CARE

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THE WHY

- Resiliency
- Participation in care
- Mood
- Feelings of self
- Behavior
- Engagement

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THE HOW

- Know each person
- Build on strengths
- Identify unique talents
- Promote choice and creativity
- Respect individuality
- Support relationships (all ages, animals, natural world)
- Devote time and space to build community
- Respect the need to give as well as receive
- Look for meaning in all behaviors
- Respect cultural and religious identities and beliefs

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CRITICAL COMPONENTS OF RDC

Individual Choice and Control	Home Environment "small is better"	Nurturing Relationships
Meaningful use of leisure time	Small interactive environments both formal and informal	Know the person, reinforce identity
Implementation of daily schedules-life long habits, patterns	Spontaneous involvement	Build rapport and trust
Recognition of individuality-personalized lifestyle preferences	Resident and family hosted events	Validate life patterns and themes
Promotion of dignity, respect-purpose and contribution	Authentic environments using meaningful artifacts	"Building Community" Residents-staff-family-volunteer-community
	Dining environments	

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PARADIGM SHIFT

- 3 Dimensions of Life Enrichment

Special, seasonal, themed, recurring events

Interest and social based groups

Daily habits and lifestyle preferences

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WHAT DOES THE NEW PARADIGM LOOK LIKE?

- Vision to Reality

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VISION TO REALITY

- Stories of success

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OUT OF THE BOX EXAMPLES

- Life Story Assessments

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“BECOMING WHO THEY WERE...”



TED

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ATTRIBUTES OF A PSYCHOSOCIAL ASSESSMENT

University of Pittsburg	Preferences for Everyday Living-58	Life Story Circles
1. Personality Traits	1. Social relationships-10	1. The lifelong patterns of social involvement and engagement (introvert, extrovert, family, leader)
2. Habits and Rituals	2. Growth-personal development-14	2. The unique "moments" and experiences that have made an emotional impact (stories to share)
3. Values	3. Diversionary activities-leisure-8	3. A statement of VALUES that defines the person's actions (beliefs, what is important)
4. Needs-Maslow's hierarchy	4. Self-dominion-living environment-16	4. A set of interests and preferences that form one's IDENTITY (who they ARE)
	5. Core patterns and daily routine-10	5. A portrait of one's habits and routines (simple pleasures and daily routines for comfort and security)
		6. A collection of special accomplishments that reinforce one's worth (things to be proud of, skills and strengths)
		7. A description of relationships that provide rootedness and connectivity to others (who provides support and security)

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OUT OF THE BOX EXAMPLES HOW HAVE YOU...?

- Provided opportunities for purpose and contribution
- Created opportunities to promote identity
- Enable opportunities for the continuation of lifelong habits
- Developed nurturing relationships throughout the home
- Designed space and programs to reinforce concepts of home (program schedules and names)

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THE PROCESS: GOAL DIRECTED ACTIVITY PLANNING (PDC)

1. What did you learn about the person from gathering their life story information?
2. What role or activity did you want to create for this person?
3. How does this person spend much of the day, what are their typical actions and behaviors?
4. How did you implement the plan?
5. What approaches were used to make it successful?
6. What were the resident outcomes from this "intervention"?

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STORIES OF CULTURE CHANGE

- Examples

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CHECKLIST

- Best Practice Programs
 - Music and MemorySM
 - Memories in the Making®-Alzheimer's Association
 - Simple Pleasures (pets, plants, kids, outside, ordinary arts)
 - Reminiscing and reflection "kits" (theme and individual)
 - Personal preference/memory scrapbooks/"touch and tell"
 - Relational activities and socialization "games"
 - Dining socialization programs
 - Individualized birthdays
 - Aromatherapy
 - Creative expressions
 - Art
 - Poetry
 - Puppetry
 - Creative Writing-Time Slips
 - Photography

Technology

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CHECKLIST

- Provide increased opportunities (choices) of activities for residents in **small group formats**
- Include **varied leadership** of activities and groups to utilize the talents and strengths of staff
- Provide **shared participation** (and enjoyment) between staff and residents in life celebrations and events.
- Create opportunities for engagement through **relational activities**
- Utilize **routine "care"** situations to promote engagement (beverage/snack carts, 2 hour rounds, evening routines and care)
- Create opportunities to maximize socialization during **dining**
- Provide materials to trigger **informal/spontaneous** interactions (displays, pictures, written prompts and questions, ongoing activity)
- Provide staff with "**engagement**" questions/topics
- Support the continuation of **family relationships**

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BUMPS IN THE ROAD

- Challenges
- Additional questions for discussion

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