





THE WHY

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

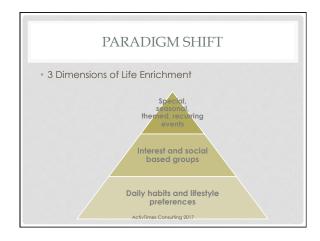
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THE HOW

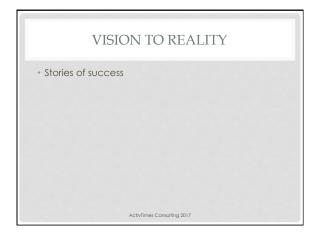
- Know each person
- Build on strengths
- Identify unique talents
- Promote choice and creativity
- Respect individuality
- Support relationships (all ages, animals, natural world)
- Devote time and space to build community
- Respect the need to give as well as receive
- Look for meaning in all behaviors
- 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 Relationship		
Meaningful use of leisure time	Small interactive environments both formal and informal	Know the person, reinforce identity		
Implementation of		Build rapport and trus		
daily schedules-life long habits, patterns	Spontaneous involvement	Validate life patterns and themes		
Recognition of	Resident and family			
individuality- personalized lifestyle	hosted events	"Building Community Residents-staff-family		
preferences	Authentic environments using	volunteer-community		
Promotion of dignity, respect-purpose and	meaningful artifacts			
contribution	Dining environments			
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OUT OF THE BOX EXAMPLES			
Life Story Assessments			
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ATTRIBUTES OF A PSYCHOSOCIAL ASSESSMENT					
University of Pittsburg	Preferences for Everyday Living-58	Life Story Circles			
Personality Traits Habits and Rituals Values Needs-Maslow's Hierarchy	Social relationships-10 Growth-personal development-14 Diversionary activities-lesure-8 Self-dominion-living environment-16 Care patterns and daily routine-10	1. The lifestry posters of social involvement and engagement innovers, extrovers, family, leader] 2. The unique "moments" and experiences that have made an emotional impact (states to share) 3. A post of the state of the stat			

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 respond 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 Memory ^{5M} 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 ActivTimes Consulting 2017	
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 corts, 2 hour rounds, evening routines and care) Create opportunities to maximize socialization during dining Provide materials to trigger informal/spontaneous interactions	
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	

BUMPS IN THE ROAD

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- Challenges
- Additional questions for discussion

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