



Today we will:

At the conclusion of this session participants will be able to

- Identify common behavioral challenges experienced by older adults living with dementia, or who have experienced challenges as a result of the COVID-19 pandemic
- Verbalize key components of an activity-based behavioral health program
- Implement at least 3 activity programs which minimize challenging behaviors

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Today we will:

COVID-19: 3 years into isolation, quarantine, and altered life activity routines

Social isolation:

Decreased cognitive stimulation

↓
Confusion / Exacerbation

↓
Behaviors!



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COVID-19: 3 years into isolation, quarantine, and altered life activity routines



Lack of mobility → less standing and walking → muscle atrophy → falls

Prolonged bed mobility:

- For every 24 hours immobilized in bed muscles lose 2% of their motor units

Lack of activities – even in the first 14 days = more dependent resident

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These are Challenging Times

The "Exhaustion Epidemic"

"The Great Resignation"

"Quiet Quitting"

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Employee Engagement is Falling

Recent Gallup Survey:

- 1/3 of workers report feeling engaged on the job
- 60% of respondents report feeling emotionally detached at work
- 19% reported feeling miserable, dis-respected at work, and struggling with pandemic burn-out
- Gen Z and millennial workers are leading the shift away from "rise and grind" to "quiet quitting" – opting out from going above and beyond at work in favor of stronger work-life balance.

Source: State of the Global Workplace 2022 Report by Gallup

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CMS Behavioral Health Strategy:

- Goal 1: Strengthen Equity and Quality in Behavioral Health Care
- Goal 2: Improve access to substance use disorders prevention, treatment and recovery services
- Goal 3: Effective pain treatment and management
- Goal 4: Improve access and quality of mental health care and services
- Goal 5: Utilize data for effective actions and impact on behavioral health

cms.gov/cms-behavioral-health-strategy

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ROP 3: Trauma Informed Care



AHCA
AMERICAN HEALTH CARE ASSOCIATION

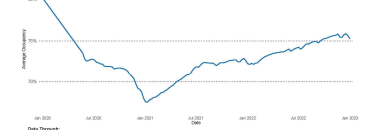
NCAL
NATIONAL CENTER FOR ASSISTED LIVING

Nursing Home Occupancy

Filter by State: Labeled Data

75.3% Average Occupancy

Trend



Date Through: January 1, 2023
Source: Payroll-Based Annual (PBA) for 2019 Occupancy, Winter 2020-22 Occupancy

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It is time to rethink the role of *engagement*



- transitive verb. : **to think about again** : reconsider.
- intransitive verb. : to engage in reconsideration.

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Activity Engagement



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Engagement
is more important than the outcome



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Resident Committees



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Building a better foundation
categories of activities



3 Core Domains of the program



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Behavioral Health Domains

Self-Concept
Emotional Expression & Regulation
Social Skills
Cognitive Functions
Motivation & Mindfulness



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Behavioral Health

Domain	Skill Components
Self-Concept	Confidence Self-Awareness Handling Challenges & Responsibilities
Emotional Expression & Regulation	Communication Skills, Coping Skills, Stress Management, Patience / Tolerance and Acceptance, Resisting Temptation, Respecting Boundaries, Appropriately Seeking Assistance
Social Skills	Turn-Taking, Communication Active Listening, Relationships Getting Along with Others, Working in teams
Cognitive Functions	Attention Span, Direction Following, Time Management, Organization, Regulation, Planning, Initiation, Sequencing, Problem-Solving, Multi-tasking, Processing, Retrieving Information, Symbolism
Motivation & Mindfulness	Goal Attainment, Making Positive Choices, Mindfulness Activities, Living a healthy lifestyle, Wellness

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Leisure Skill Domains

Creative Arts & Expression
Creative Arts & Expression
Leisure Skill Pursuit
Spiritual
Physical Fitness & Wellness
Outings



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Leisure Skills

Domain	Skill Components
Creative Arts & Expression	Art, Music, Dance, Crafts, Literature, Design, Photography, Creative Writing, Theater, etc.
Leisure Skill Pursuit	Activity Engagement Developing Skills and Hobbies Computer Skills Sports and Recreation
Spiritual	Practicing and experiencing religion and religious beliefs; Relating to or affecting the human spirit and soul
Physical Fitness & Wellness	Exercise Promoting Physical Fitness Diet and Nutrition
Outings	Community Outings - dining out, bowling, movies, etc.



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Community Re-integration Domains

Self-Care
Healthy Habits & Routines
Community Living Skills
Vocational Skills
Safety Skills
Outings



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Community Re-Integration

Domain	Skill Components
Self-Care	Good Grooming Self-Care
Healthy Habits & Routines	Management of Health Conditions Sleep Hygiene
Community Living Skills	Money Management, Budgeting, Looking for Housing, Community Resources, Community Transportation and Mobility, Shopping, Cooking
Vocational Skills	Resume Preparation Job Interview Skills Job and Career Exploration
Safety Skills	Avoiding being Scammed Safety Awareness
Outings	Community Mobility, Shopping, Errands

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Let's talk about Life Skills:

What did you do this weekend?

Have a nice and relaxing weekend!



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Daily – not 3x/week

Using the trunk / core

Reaching → set-up and clean-up

Stamp your feet, clap your hands, cheer everyone on!

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Cardio-drumming



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Activities to enjoy throughout the day



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Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



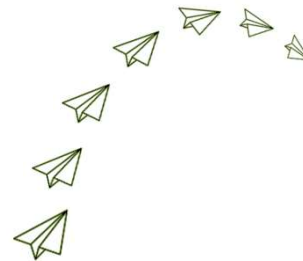
Concentration Puzzles

Use the visual clues in the puzzle to figure out what it says.



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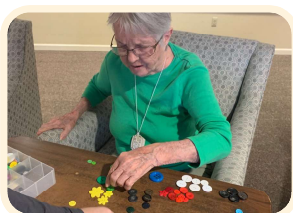


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Activity Boxes

A tool -
that fosters resident
engagement in
meaningful life tasks
and roles



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Engagement

Groups:
75% of Elders engaged
75% of the time

Waking Hours:
50% of Elders engaged
50% of the time




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What happens when we don't?

- Loss of personal worth
- Lack of interest in the day / in life
- Depression
- Isolation
- Anxiety

The Impact of Meaningful Engagement





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MARCH 7-8, 2023

Renaissance Schaumburg
Convention Center - Schaumburg, IL

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