

Activities for Patients with Dementia: Creative Ideas During Covid-19

Jennifer Birdsall, Ph.D.
CHE Behavioral Health Services



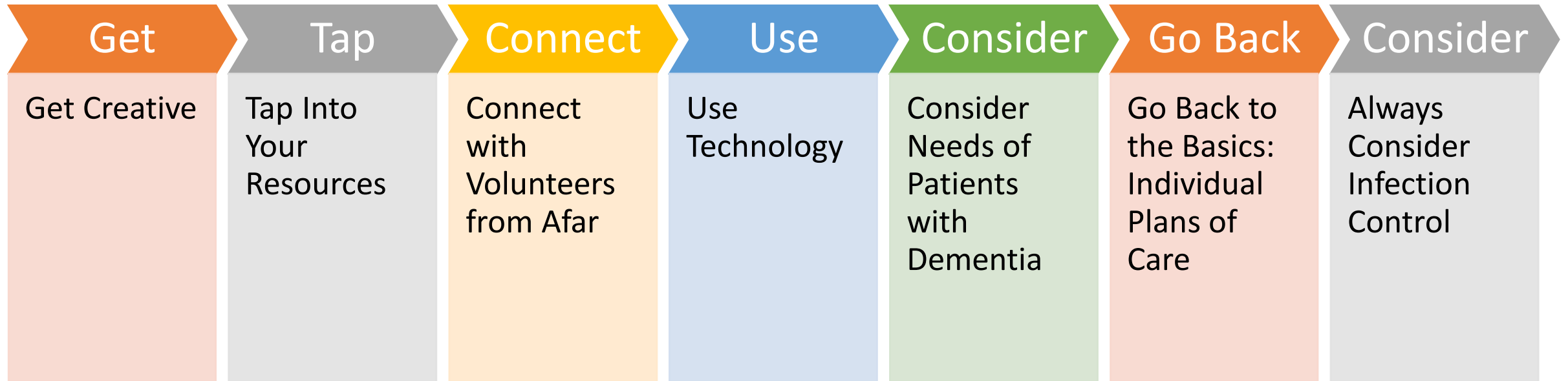
Disclosures

- This presentation provides suggestions and “food for thought”
- Ideas were collected from multiple partnership members and strategies being used at various memory care facilities and LTC communities
- The partnership does not endorse any specific company, product, services, or activity over any others
- The partnership has not vetted any activities/companies/products in this presentation

How Has Covid-19 Impacted Activities?

- Reduced Formal Recreational Activities
- Reduced Socialization
- Change in Staff
- Change in Routines
- No In-Person Visits from Family and Friends

What Can We Do?



Get Creative

- Give residents fish/plants to care for
- Can you hire the music therapist as a temporary full-time employee?
- Buy card-size tables (tray table very small)
- FB Groups: E.g. Activity Directors – Sharing and Caring During Covid-19



Get Creative: Mealtime

- Can you make certain activities a “Big Deal”? **
MEALS?
 - Include fun menu description print outs
 - Add a fresh flower to meal trays on Fridays that residents can keep on their end table
 - Print out fun trivia facts about a food being served
 - *“Did you know that North Carolina’s official vegetable is the sweet potato and that February is National Sweet Potato Month? Sweet Potatoes are high in beta carotene, which is an antioxidant and keeps the eyes healthy.”*
- Consider asking residents/families for favorite recipes and:
 - Creating a resident cookbook
 - Featuring residents’ favorite recipes for meals or special events





Tap Into Resources

- Can family members mail or drop off activities, photos, special treats and snacks?
- Print pictures emailed by family members and create photo-albums
- Consider an Amazon Wish List for residents without family members and funds

Connect with Volunteers

- Volunteers read stories
- High school students do zoom chats
- Pen-pal exchanges



Use Technology

- Zoom/Facetime Calls
- Zoom-based activities
- Videos (old sport event recordings)
- Games
- Organizations/Companies that conduct remote activities





Wesley Cheng, (650) 291-7556
wcheng@televisit.org, www.televisit.org

FRIENDLY GROUP CALL + SOCIAL ENGAGEMENT PROGRAM FOR < \$1/DAY

COVID INDUCED ISOLATION CAUSING DISTRESS

Since the COVID-19 pandemic started, your team has been very busy keeping older adults safe as their top priority. Group activities had to be cancelled with residents sheltering in place, resulting in older adults feeling lonely and isolated. Not everyone can join Zoom video conferences due to lack of equipment or technical ability, plus your team does not have time to offer training or technical support. There is an urgency to provide activities as continued isolation may lead to depression, cognitive decline and behavioral issues. Watching TV all day is not the answer.

MAKE FRIENDS BY PHONE, NO TECHNOLOGY REQUIRED

TeleVisit.org is a California 501(c)(3) not for profit organization that has been providing virtual activities for 9 years. Our award winning program is delivered via voice-only phones. Members receive a friendly call twice a week and are invited to join an audio conference with up to 10 people in a fun activity. There is nothing they need to learn, and no staff are required for tech support or running activities. A printed workbook is provided to each member with new content customized to your members' preferences.

ACTIVITIES

- Bingo, Trivia, Word Games
- Music, 1930s-1960s, classical
- Travel
- Gratitude
- Reminisce
- Arts & Entertainment
- Current Events
- Sports
- History
- Church Service, Devotions



MONTHLY COSTS

#Members	#Groups	#Sessions	#Hours	List Price	Discount	Cost	Per Member
10	1	8	8	\$390.00	0%	\$390.00	\$39.00
50	5	40	40	\$1950.00	5%	\$1852.50	\$37.05
100	10	80	80	\$3900.00	10%	\$3510.00	\$35.10
150	15	120	120	\$5850.00	15%	\$4972.50	\$33.15
200	20	160	160	\$7800.00	25%	\$5850.00	\$29.25



Are you lonely? Do you like to sing? Come join us on Zoom every MWF to sing along with our MMM Family

[LEARN MORE](#)

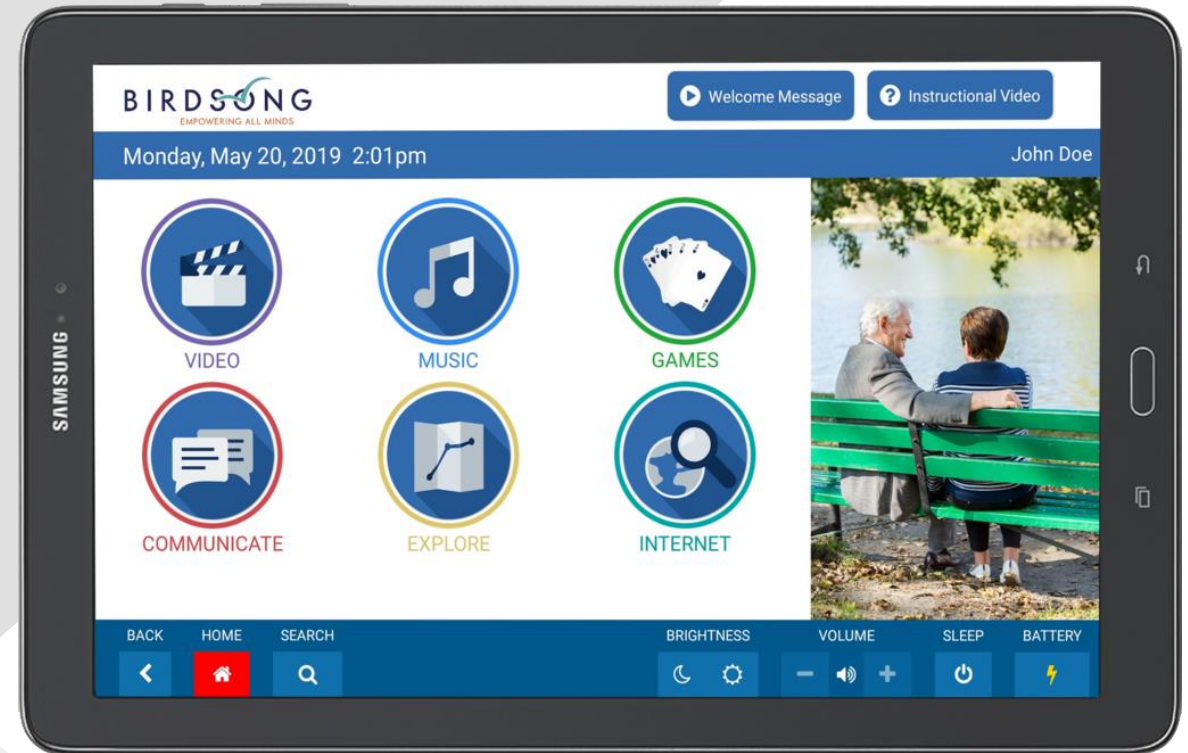




**Touch screen tablet specifically
designed for older adults**

Demo Video:

https://www.youtube.com/watch?v=Kq_tGlr78mw&feature=youtu.be



iNSPIRE

Quality of Life Improvement Project

What is the iNSPIRE Project?

The California Department of Public Health has awarded a grant of \$2.6 million to the LeadingAge California Foundation to implement the iN2L engagement technology program in skilled nursing facilities across the state. This project is the first of its kind in California.

The iNSPIRE Project provides skilled nursing facilities with iN2L engagement technology, which offers thousands of technology-based experiences aimed at improving quality of life, reducing antipsychotic drug use, providing stress relief, and much more.

The three-year project will support a study including 30 residents at 60 skilled nursing facilities for a total of 1,800 study participants and includes an evaluation to determine changes over time.

The iNSPIRE project will evaluate improvement in quality of care and quality of life through two clear and measurable objectives:

- Reduce antipsychotic use by twenty percent (20%)
- Increase participation in person-centered activities by twenty percent (20%)

At No Cost, Participating SNFs Receive:



Through the implementation of iN2L's person-centered engagement technology, the project will connect and engage older adults with the world around them.

Jeanne Parker Martin
President & CEO, LeadingAge CA



ca
partnership
to improve
dementia care

iN2L's technology-enabled content helps improve resident quality of life by equipping staff, administrators, and stakeholders with technical tools and assistance to enhance care.

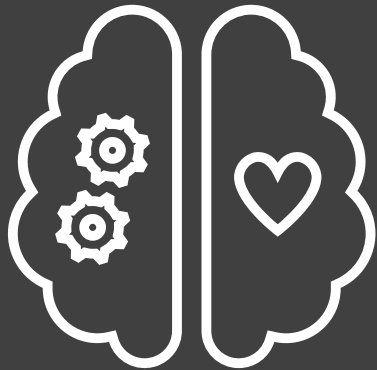
- Provide person-centered engagement by addressing the unique abilities, interests, and needs of residents.
- Improve quality of life by decreasing isolation and increasing residents' active engagement.
- Enhance staff-resident interactions.
- Offer staff the opportunity to learn new ways to engage residents in meaningful activities.



<https://www.leadingageca.org/inspire-grant>

It's Never Too Late: <https://in2l.com/>

Dementia Considerations



Remind resident of activity options



Help resident set-up an activity



Change activity frequently



Do not engage in an activity that is beyond the patient's cognitive capacity



Limit to 2-3 choices



ca
partnership
to improve
dementia care

Person-Centered Care Planning



Activities should be individualized



Know the person's life story



Ask the patient or family member about their interests



Life Story Templates

- <https://www.dementia.org.au/sites/default/files/20110303-NSW-LifeHistoryBook.pdf>
- <https://www.crisisprevention.com/CPI/media/Media/Specialties/dcs/Life-Story-Questionnaire.pdf>
- <https://www.interiorhealth.ca/YourCare/ChronicConditionDisease/Dementia/Documents/GuideLifeStoryTools.pdf>
- https://alzheimer.ca/sites/default/files/file/s/national/core-lit-brochures/all-about-me_booklet.pdf

Infection-Control Considerations

- Purchase individual toys and activities (baby dolls)
- Do NOT host group sing-alongs, the droplets from singing is similar to coughing
- If a small memory care facility where you can socially distance in group settings, consider designated table only for that patient (can put a photo frame, etc.)
- Help residents wear PPE, and wash hands frequently
- Consider face shield for those who cannot tolerate mask and wander
- Consider towel warmer with hand sanitizer before meals, as needed





Infection Control

- Clean frequently used surfaces every 2 hours or at least 3X per day (door knobs, hand rails)

Recommended by: **Dr. Helene Calvet**, Deputy Medical Director, OC Health Care Agency - Communicable Disease Control Division



Activity Considerations

Relaxing
Cognitively Stimulating
Connecting to Others
Exercising and Movement
Stimulating the Senses
Simple Moments

Relaxing Activities

- Music
- Painting/Art
- Crafts
- Tea



Consider printing
monthly
pamphlets of
artwork



Cognitively Stimulating Activities

- Puzzles
- Reading
- Trivia of the day
- Word scrambles
- Ways to earn tokens and prizes?



Staying Connected

- Facetime
- Phone Calls
- Visits through windows
- Writing letters
- Sending photos



Exercise and Outdoor Time

- Walks/outdoor time
- Exercise in room
- Stretching



Stimulating the Senses

- Aromatherapy
- Lotions
- Smell
- Taste
- Touch
- Sight
- Hearing



Simple Moments

- Looking at photos
- Having a snack
- Hearing a joke

I couldn't figure out why the baseball kept getting bigger. Then it hit me.

What happens to a frog's car when it breaks down? It gets toad away.

How many tickles does it take to get an octopus to laugh? Ten tickles.



partnership
to improve
dementia care

THANK YOU



Jennifer Birdsall, Ph.D.
CHE Behavioral Health Services
Jbirdsall@cheservices.com

CA Partnership to Improve Dementia Care Presentation Contributors:

Dolores Gallagher Thompson, Ph.D., ABPP
Timothy Gieseke, M.D.
Peggy Franklin, B.A, M.A.
Julie Futrell, Ph.D.

