Activity Programming for Therapeutic Outcomes

Why do we do what we do?

CMS

• §483.15(f)(1) The facility must provide for an ongoing program of activities designed to meet, in accordance with the comprehensive assessment, the interests and the physical, mental, and psychosocial well-being of each resident. INTENT: §483.15(f)(1) Activities The intent of this requirement is that: • The facility identifies each resident’s interests and needs; and • The facility involves the resident in an ongoing program of activities that is designed to appeal to his or her interests and to enhance the resident's highest practicable level of physical, mental, and psychosocial well-being.

• In long term care, an ongoing program of activities refers to the provision of activities in accordance with and based upon an individual resident’s comprehensive assessment.
CMS Continued

• Activity goals related to the comprehensive care plan should be based on measurable objectives and focused on desired outcomes (e.g., engagement in an activity that matches the resident’s ability, maintaining attention to the activity for a specified period of time, expressing satisfaction with the activity verbally or non-verbally), not merely on attendance at a certain number of activities per week.

DSS Assisted Living Regulations

• 22 VAC 40-73-520. Activity and recreational requirements.
  • A. Activities for residents shall:
    • 1. Support the skills and abilities of residents in order to promote or maintain their highest level of independence or functioning;
    • 2. Accommodate individual differences by providing a variety of types of activities and levels of involvement; and
    • 3. Offer residents a varied mix of weekly activities including those that are physical; social; cognitive, intellectual, or creative; productive; sensory; reflective or contemplative; involve nature or the natural world; and weather permitting, outdoor activity. Any given activity may involve more than one of these. Community resources as well as facility resources may be used to provide activities.
DSS Continued

• If a resident requires an individual schedule of activities, that schedule shall be a part of the individualized service plan.

The staff person or volunteer leading the activity shall have a general understanding of the following:

• 1. Attention spans and functional levels of the residents;
• 2. Methods to adapt the activity to meet the needs and abilities of the residents;
• 3. Various methods of engaging and motivating residents to participate; and
• 4. The importance of providing appropriate instruction, education, and guidance throughout the activity.

Therapeutic Activity Intervention

• Concerned with use of activities for the purposes of inducing, facilitating, and maintaining independent functioning in the older adult to the degree that it is possible within the individual’s immediate environment.
• It is based upon the functional status and needs of the resident.
Therapeutic Approach

• One that is intended to stimulate a change in behavior which will then be directed by one or more goals in the different areas of functioning
  • Physical, emotional, mental, social
• The behavioral change may be achieved through promotion, prevention, maintenance, or rehabilitation goals or any combination of.

* Hawkins, May, Rogers: Therapeutic Activity Intervention With the Elderly (p128)

Goals

• Rehabilitation:
  • Directed by significant functional losses which have resulted in impairment or disablement to the extent that increased support is needed with individual skilled therapy
• Prevention and Maintenance: (Restorative)
  • Residents involved at this level understand that behaviors produced through attaining these goals are important in managing their risk for further decline and increasing dependency.
Goals Continued

- Promotional:
  - Therapeutic activity designed to facilitate optimal function and well being with minimal support
  - These kinds of activities may be incorporated into the normal routines of everyday life and are often less clinical in nature.

### Continuum of Therapeutic Activity Intervention

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<th>Rehabilitation Goals</th>
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<td>Skilled care and leadership</td>
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<td>Reimbursed services</td>
<td>May be reimbursed</td>
<td>Not usually reimb</td>
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</table>
Other Goals of Therapeutic Activity

• Provide avocational activities (hobbies)
• Promote use of residual skills
• Enhance social skills and relationships
• Promote community membership

Quality of life

• Treatment goals are developed based on resident needs and circumstances. However, ultimately all participants will experience an enhanced quality of life as a result of a well designed and implemented activity program.

• Hallmarks of an enhanced quality of life:
  • Improved health status
  • Functional independence
  • Sense of well being
  • Perception of life satisfaction
  • Increased self esteem
  • Enhanced personal / social network

* Source: Therapeutic Activity Intervention with the Elderly
Program of Systematic Planning and Implementation

- Assessment
- Activity Analysis
- Program Planning
- Program Implementation
- Documentation and Evaluation

Assessment

- Is resident focused
- Is concerned with the environments in which the resident functions on a daily basis
- Nursing Home; MDS is first standard assessment
- Medical Hx., ADL, IADL, Best ability to function
- Psychosocial factors
- Personality
- Will do; likes, interests etc.,
Activity Analysis

• In consideration of the assessment what activities are appropriate?
• Selecting just any activity to use for reaching a treatment goal is not an effective approach to ensure that the most appropriate activity has been employed.

Program Planning

• Goals and objectives need to be stated
• Specific activities should be selected
• Resources and problems should be identified
• Alternative plans of action should be proposed
• A clear plan of action should be articulated in writing
• If a resident requires an individual schedule of activities, that schedule shall be a part of the individualized service plan. 22 VAC 40-73-520. Activity and recreational requirements. #6
• Care Planning in detail discussed with Mary Chiles
Program Implementation

• After consideration of resident needs; therapeutic goals, activity selection, and program design how do I implement?
  • Staff
  • Scheduling
  • Required direction or supervision of the activities; (Staff or Volunteer)
  • Managing the environment; risk and safety issues
  • Managing the funding aspects

Documentation and Evaluation

• Varies by type of facility; Nursing Home / Assisted Living
• Progress of resident progress and feedback is essential in program evaluation, care planning, family communication and relationships, and reimbursement
• Evaluation:
  • Is what we are doing of any value,
    • Is it the right activity for the resident?
    • Are our expectations realistic?
    • Is it the right environment, too much stimuli etc.
    • Is it the right staff person?