



Introduction to Activity Management in Long Term Care June 6 – 10, 2022

Important Notes

- This course offers 45 hours of training including in-person instruction, time spent on course-related projects and presentations, and self-directed study. The in-person sessions are scheduled over five days in June.
- Attendance will be monitored throughout the training.
- Credit for each session is only given if you are in attendance.
- All presentation materials will be available for download prior to each session.
- Registration fees must be paid in full to receive your certificate.

Tips and Reminders

- Be prepared to interact with the content leaders and your colleagues with the least distractions possible. During the sessions, mute your phone or direct all calls to voicemail, and turn off notifications.
- Have examples you can share about activities you have led. These ideas will be shared during the training.
- Be prepared to share a special event that took place in your center or one that you would like to have in your center. Be sure to include details from start to finish. These events will be shared with the class.

Course Schedule

Monday, June 6, 2022 (9.5 hours)

9:00 – 11:00 am | Course Overview—Let's Jump Right In!

Brenda Walker, ADC, AAP-BC, CDP | Activity Director and Volunteer Coordinator | Roman Eagle Rehabilitation and Health Care Center, Inc.

As we kick off the course, you will be given opportunities to learn, network, and experience a variety of day-to-day activities. With thoughtful planning and implementation, you will learn to plan many activity programs at minimal cost, as well as how to modify activities to meet specific needs. Together we will identify programs that are meaningful and fulfilling, and fun for all. You will be given ideas, resources, and opportunities for hands-on participation to prepare you for directing the activity program in your facility.

11:00 – 11:15 am | Break

11:15 – 12:15 pm | Surviving a Crisis: How to Manage and Protect Your Reputation

Mark Hubbard | Senior Vice President | McGuireWoods Consulting LLC

In a world of 24-hour news cycles and constant tweets, organizations must always be prepared for the unexpected. How quickly you respond with accurate and relevant information can define your reputation in the marketplace. Our communications expert will outline the basic components of a crisis communications plan and provide you with a crisis management checklist.

12:15 – 1:30 pm | Lunch (on your own)

1:30 – 4:00 pm | Care Planning

Mary Chiles, RN, RAC-CT, QCP | President | Chiles Healthcare Consulting, LLC

Documentation and Care Plans for Activity Departments

In this session you will review elements required to build an effective care plan. Discussion will include an overview of activities' assessment and an in-depth look at care plan development and implementation. Time has been reserved to address specific care plan challenges and opportunities as experienced in your current practice settings.

Person-Centered Care Plans

Participants will explore the intent, commonalities, and differences of state regulations for completing the Individual Service Plan (ISP) for assisted living residents and the federal requirements for a comprehensive care plan for nursing center residents. The session will focus on developing and maintaining resident-centered care plans that include participation by the resident and the resident's representative.

4:00 – 4:15 pm | Break

4:15 – 6:15 pm | Engaging with Your Residents through Art

Mary Ann Johnson, BS, MA | Retired Program Director for the Alzheimer's Association

Discover how the expression of art enhances the quality of life for residents. You will gain insight about how various forms of art impact individuals and leads to a more meaningful quality of life especially when typical forms of expression and communication become inhibited.

Communication 101

Mary Ann Johnson

Communication is the key. This session will provide you with various techniques for communicating with a wide array of individuals. We will discuss various methods of communicating and learn how to best interact with your colleagues, residents, and families.

6:15 – 8:15 pm | Prepare for Presentations (on your own)

Tuesday, June 7, 2022 (9.25 hours)

8:30 – 10:30 am | Departmental Policies and Procedures for Activity Departments

Mary Chiles

You will learn a vast array of activities and original service delivery concepts during this session. Participants will assist with problem solving as you write individual plans of action for your department.

MDS Success for Activity Professionals

Mary Chiles

This session is specifically designed for those attendees that are currently employed in nursing facilities who want a more in-depth and hands-on training regarding documentation.

10:30 – 10:45 am | Break

10:45 – 12:00 pm | Regulatory Update for Assisted Living Facilities

Laura Lunceford | Licensing Inspector Region 2 | Division of Licensing Programs, Virginia Department of Social Services

This session will address the standards that relate to providing activities in licensed assisted living facilities. Learn about the inspection process and how activities relate to the standards.

12:00 – 1:15 pm | Lunch (on your own)

1:15 – 2:15 pm | Bring It All Together: The Starring Role of Activities in Dementia Care, Antipsychotic Reduction and QAPI

Allison Spangler, RN, BSN, RAC-CT, QCP | Quality Improvement Advisor | HQI - Health Quality Innovators

Participants will understand the link between activities and the related Quality Assurance/Performance Improvement (QAPI), dementia care, antipsychotic medications, and care planning regulations.

2:15 – 2:30 pm | Break

2:30 – 4:30 pm | Filling the Days with Meaning

Brenda Walker

Activity Calendar-Planning for a Day, Week, Month, and Year

This educational session will prepare activity professionals on how to achieve great time-management skills in activity calendar-planning. Activity professionals will also learn how to enlarge their perspective of what is the difference between a good activity calendar verses a great activity calendar! Learning techniques that will improve and stimulate the activity professional's insight into quality activity programming, even on a tight budget, will be enhanced through this session.

A Day in the Life of a Resident

Have you ever really noticed that completing caregiving tasks may not equate well with the behaviors of dementia residents? This session will offer you advice and practical how-tos on working with individuals in long term care. What can you do with just five minutes to provide engaging activity programming to dementia residents? You will learn how much you can take advantage of every moment, even if is only a few minutes at a time, to provide meaningful enrichment for all.

Hooray! It's a Themed Week of Events

Are you an activity professional that wants to try something entirely new and different? This session will

help you to think outside of the box. Themed weeks of events are weeks that bring about unlimited creativity for the activity professional. These themed weeks also engage every member of a facility family as well as give you a chance to grow your volunteer ranks, and market your facility bed census.

4:30 – 4:45 pm | Break

4:45 – 6:30 pm | What's Cooking?

Brenda Walker

Nothing draws the attention of your residents and staff to the activity room quicker than the smell of something cooking. Even the most reserved residents will come closer for a peek. There are numerous food items that can be prepared with minimal effort, equipment, and cost. This will be a hands-on session with tasty rewards at its conclusion.

6:30 – 6:45 pm | Break

6:45 – 8:00 pm | Handling Different Personalities

Kim Gunn, PMP | Business Initiatives Manager | Wells Fargo

In every center, no matter the size, various personalities exist. Ms. Gunn will identify and discuss various personalities and how to tackle different scenarios that may arise with each personality trait.

Wednesday, June 8, 2022 (8.5 hours)

8:30 – 10:00 am | Arts and Crafts from A-Z

Brenda Walker

This presentation will allow you to discover your creativity, and how to generate positive interactions through arts and crafts with your residents. You will discover that you can create simple, fun, and inexpensive arts and crafts that are meaningful to your residents. This presentation will permit you to try innovative ways to connect your residents to their inner selves to promote their total well-being.

10:00 – 10:15 am | Break

10:15 – 12:15 pm | Providing Quality Care for End of Life and Dementia

Tina Thomas | Director of Programs and Services | Alzheimer's Association-Greater Richmond Chapter
Sharon Napper | Certified Dementia Practitioner and Professional Trainer | Alzheimer's Association-Greater Richmond Chapter

Activities for People Nearing End of Life

We will explore the end-of-life process, themes of spiritual engagement, and various ways to engage people who are critically ill. This presentation will provide practical tips and strategies on how to create a comfort kit that can be used by staff and families for those nearing end of life.

Dementia Care Best Practices Recommendations

The Alzheimer's Association's 2018 Dementia Care Practice Recommendations were developed to better define quality care across all care settings and throughout the disease course. They are intended for professional care providers who work with individuals living with dementia and their families in residential and community-based care settings. The recommendations outline quality care practices based on a comprehensive review of current evidence, best practices, and expert opinions. Thomas and Napper will share details about these recommendations, which inform and influence dementia care standards, training, practices, and policy from a person-centered focus.

12:15 – 1:30 pm | Lunch

1:30 – 3:00 pm | Person-Centered Approaches to Activities

Rebecca P. Merritt, PhD, LNHA | Director of Life Enrichment | The Westmont at Short Pump

This session will provide you with an understanding of the benefits and values associated with individualized recreational programming. Person-centered activity approaches require culture change within the community, focus on personal preferences, social engagement, and autonomy. You will gain one-on-one activity programming and documentation tips, as well as ways to utilize the community for your recreational programming.

3:00 - 3:15 pm | Break

3:15 – 4:45 pm | Get to Know Your Community Partners

Linda Brown-Burton | Move-In Coordinator | The Westmont at Short Pump

Community engagement utilizes the skills and talents of local resources. Having close relationships within your local community is key for your life enrichment programs. This session will delve into how to form strong bonds with local organizations, and how these partnerships can be mutually beneficial.

4:45 – 6:00 pm | Dinner

6:00 – 7:00 pm | The Power of Positive Aging

Mary Ann Johnson, BS, MA

This session will define positive aging and help you recognize the signs and physical symptoms that may occur as we add years to our lives. You will learn more about how to identify activities that create positive experiences for groups of older adults according to their abilities and develop an activity that promotes "positive aging." We will discuss how the activities can be adapted for those who present different signs of aging abilities.

7:00 – 8:00 pm | Easy as P-I-E

Mary Ann Johnson, BS, MA

Your residents represent a broad range of interests and abilities. We will discuss strategies for encouraging participation, interaction, and engagement in your activity programming.

Thursday, June 9, 2022 (9 hours)

8:30 – 9:30 am | Planning Special Events

Doran Hutchinson | Vice President of Member Services and Education | VHCA-VCAL

Use your creativity, knowledge, and skills to plan a special event using a variety of tools that can be used for resident and patients who need different levels of care.

9:30 – 9:45 | Break

9:45 – 12:00 pm | Ethics, Values, Principles, and Decision Making

E. Ayn Welleford, MSG, PhD, AGHEF | Associate Professor and Gerontologist for Community Voice | VCU College of Health Professions, Department of Gerontology
Jay White, EdD, MSG, CDP | Gerontologist | VCU College of Health Professions, Department of Gerontology | The Longevity Project for a Greater Richmond

This program will help you identify the values and beliefs that define what you as a professional stand for. This session will explore how values affect behavior and conduct in making decisions reflecting your morals and principles in everyday work.

12:00 – 1:15 pm | Lunch

1:15 – 3:15 pm | Create an Environment of Joy and Success: A Practical Approach to Person-Centered Care

Kathleen Weissberg, OTD, OTR/L, CMDCP, CDP | National Director of Education | Select Rehabilitation
Kari Brizendine | Education Specialist | Select Rehabilitation, Inc.

With the understanding that every person is an individual with a life story and residual memory and skills, we can predict and prevent outbursts and difficulties to create an environment where the care is person-centered, and the person is able to function at their highest level while enjoying their life. Knowing the characteristics common to individuals with neurocognitive disorders will allow an anticipation of needs. This translates to success with incontinence and fall prevention, improvement of skin integrity, and participation in self-care, and activity and leisure time that stimulates and engages. Care plans will be developed around individual needs, activities will be meaningful, family and staff interactions will bring joy both to the person as well as those participating in their care. The approach discussed will take into consideration that the person continues to be an individual who has a life that matters by utilizing strategies that allow for success, dignity and joy.

Sheltered and Secure: Strategies for In Room Resident Engagement

Social distancing and "sheltering in place" have been necessary during the past two years. Beyond the pandemic, we may continue to have reasons for our clients to remain in their living spaces for prolonged periods. Because we have access to our clients during this difficult time, staff in long term care communities play an important role in the success of those who are isolated or unable to leave their living spaces. We have the opportunity to work with clients in their living spaces to offer tools and strategies to enable our clients to achieve their highest quality of life. This webinar provides an in-depth review of activity ideas, home safety strategies to integrate into client care, and ways to integrate technology into activities.

3:15 – 3:30 pm | Break

3:30 – 4:30 | A Montessori-Based Approach for Aging and Dementia

Kathleen Weissberg & Kari Brizendine

Developed in the early 20th century, the Montessori method of teaching holds that when you're working with individuals, you must consider their needs and capabilities in concert. What do they like to do? What are they able to do? The focus is not on challenging the individual, but instead taking the task a little beyond the comfort zone so individuals have the opportunity to learn and improve. The Montessori method of caregiving has a very similar goal: engaging the senses to help Alzheimer's and dementia patients and loved ones rediscover the world around them. In this session, participants will learn from a Montessori specialist about the Montessori principles of independence according to one's ability and the benefits of the prepared environment. Participants will learn about the typical symptoms that can be expected as dementia progresses, the fundamental principles of the Montessori method, how to conduct a Montessori-based session, steps to engagement that reduce unwanted behaviors, and the issues that may arise with this approach. Additionally, participants will learn about using case studies and video examples, and how to set up activities/tasks for individuals with dementia using a Montessori Approach.

4:30 – 4:45 pm | Break

4:45 – 6:15 pm | Making the Magic Come Alive

Kim Gunn, PMP

This session will focus on getting to know your residents through planning, developing, and executing an event based on their preferences. Imaging traveling with your residents to their favorite vacation spot. Gunn will conclude this session by sharing tools and a checklist to bring the magic to your residents.

6:15 – 7:30 pm | Dinner

7:30 – 8:45 pm | Delivering More with Less!

Kim Gunn, PMP

Are you stressed out? Is your work piling up more each day? Do you even know where to start? Then come prepared to learn some project management practices to ease your stress. You can apply these practices starting today!

Friday, June 10, 2022 (4.5 hours)

8:30 – 9:45 am | The Transformation of the Activity Professional's Role from an Administrator's Perspective

Pam Doshier, LNHA

This presentation will focus on the ongoing changes that centers are facing. The presenter will discuss the many needs of the resident during a pandemic and will also focus on baby boomer residents as they enter centers and engage in activities.

9:45 – 10:00 am | Break

10:00 – 11:15 am | Activity Department Empowerment

Ashley Jackson, LNHA, MBA | Senior Executive Director | The Hidenwood Community

Learn specific ways to present yourself, improve inter-departmental cooperation, and get buy-in to achieve total quality care.

11:15 – 11:30 am | Break

11:30 – 1:15 pm | What's in Your Toolkit? Connecting with Your Residents

Doran Hutchinson

Each participant will share a craft, game, event, or project using and demonstrating items that you may already have at home or at work. Get advice on how to use what you may already have in your center to develop an interactive activity program. You will learn ways to get the biggest bang for your buck!

1:15 – 1:30 | Course Wrap-Up

Doran Hutchinson

Self-Directed Study

To complete the 45-hours of training, you will be required to listen to the pre-recorded webinars listed below and pass a test afterwards. You may listen to these webinars on your own time; however, you must complete this work **no later than June 20** to receive credit.

Creative Movement for The Young at Heart (1.5 hrs)

Sara Pascale | The Dance Studio

Discover various exercises and creative movement techniques that can be adapted to the needs and desires of your residents.

Therapeutic Recreation: Meeting the Challenges of a New Generation (1 hr)

Barbara Speedling | Quality of Life Specialist

This session provides caregivers, particularly those involved in designing and facilitating behavioral interventions, with ideas and strategies for satisfying the needs of a rapidly changing population. Discussion is focused on developing a team approach to the provision of meaningful activity and the benefits of a well-coordinated, interdisciplinary program of activity designed to engage and divert, particularly in cases where challenging behaviors are being addressed. Examples of current deficiency citations impacting activities and review of the revised federal regulations for activities will be offered for consideration.

Toxic to Transparent: A Culture Shift in Communication (1 hr)

Bree Becker, MSN, FNP-C, RNC-MNN | Director of Clinical Quality | Matchwell

This session will help you distinguish between toxic versus transparent communication. Knowing how to identify signs and symptoms of toxic communication and the associated risks to the person, patient, and organization can help you foster a culture of transparent communication. You will also learn how to identify your personal style of communication.