

The 4E's to programming

Esteem, Engagement, Enrichment, Entertainment –more than the calendar!

Presenter : Rachelle Blough C.T.R.S
Director of Memory Care Services –Lexington Healthcare

Handshake Exercise

- Why is this important?
- The person vs. the diagnosis
- Soul , desires, needs , preferences remain

EYE OPENING EXERCISE

24 hours in a day

How many does a resident sleep? ____

How many in ADL care ? ____

How many in Meals ? ____

How many in group Activities ____

How many in TLC-redirect/validate ____
total hours: ____

HOW MANY ARE LEFT ? _____

WHAT IS LEFT.....

NOTHING!!!!!!!!!!!!!!

**How sad, lonely,
boring, isolating!**

Engagement Review....

- Account for every resident

***GREEN- good, high quality of life

***YELLOW- mediocre quality of life-specific things resident enjoys

***RED- low quality of life- no meaning/purpose or enjoyment on a daily basis, distress, in pain, room bound, isolated.

Top 5...engagement review

- Create target invite lists
- Create a focus on the top 5 residents in the red category
- Brainstorm evaluate what can be added to their day to improve their daily quality of life
- Assign an engagement ambassador to help oversee to these residents

More than the calendar

1. Entertainment ...
2. Esteem....
3. Enrichment....
4. Engagement

The first E to programming – Entertainment Based programs

- These are activities on our calendar for purpose of leisure and enjoyment
- Social in nature
- Suggest something after dinner
- Examples may include Mixers, Social hour, bingo, Entertainers

The 2nd E to programming – Esteem based programs

- These are the things the resident can do to feel useful, valued, needed around the community, that are not scheduled and may be impromptu
- ASK ME prompter...
- Partnering
- Strolling choir
- "I need you" activities
- Train staff to give an adult appropriate outcome that is needed for the activity
- Examples include, sweeping, setting tables, folding laundry, clipping coupons, polishing silverware, rocking the "baby", sorting.
- This concept is important for people living with Alzheimer's Disease, to feel valued and needed. However families need to understand the therapeutic reason not that their parent is being put to work.
- Have target lists for staff of which residents like to do what chores and add to care plans with therapeutic reason

The 3rd E to programming- Enrichment Based Programs

- This concept is often for the person in earlier stages of memory loss. A project that involves several steps leading to a final accomplishment that is purposeful
- All steps are related to something individualized and purposeful to this person's life story
- Examples can include ...Planning a dinner party and all the steps to do monthly, such as plan where to order from, make invitations, invite guests, make party favors, decide what to wear. Make a scrapbook for daughter for Christmas, Making toys for grandkids for Christmas, Knit mittens for homeless children in cold states to be donated
- This concept provides joy, sense of accomplishment and reminders of things that are important, these can be kept in project basket in resident closet and staff encourages, helps with this and should be listed in resident care plan
- Example Our Family to Yours program ©

The 4th E to programming – Engagement based programs

- This is often the best programming for those living with Alzheimer's disease in later stages.
- Concept includes connecting resident with senses and comfort thru their favorite things
- Examples include having resident in favorite chair near favorite window, with a headset CD player on playing their favorite music, holding onto a sensory pillow or tactile sensory muff. This can also include favorite foods planned to be offered thru out the day
- Detailed descriptions of these items and times of day they are engaged should be added to their care plan

Programming basics....

- K-I-S-S... Keep it simple silly
- Rainbow test- physical /social/emotional/spiritual /cognitive
- Adult appropriate and dignified – Packaging.
- How to Facilitate a group- exercise

Resources and Websites

- www.alzstore.com
- www.activityconnection.com
- www.sootheze.com
- www.videorespite.com
- www.enasco.com
- www.activityproductsintl.com
- www.bestalzheimersproducts.com
- www.alz.org

CLOSING EXERCISES

- How to facilitate vs. lead an activity
- Encouragement exercise

THANK YOU

- Thank you for staying awake , the audience in this room is probably not used to sitting still for an hour.
- It is my hopes you have one new idea or way of thinking when approaching programming to make meaningful days for those living with Memory Loss.