

Nancy de Vera, R/TRO, Director of Resident Programs Sonia Roul, R/TRO, Resident Experience Partner

May 31, 2019



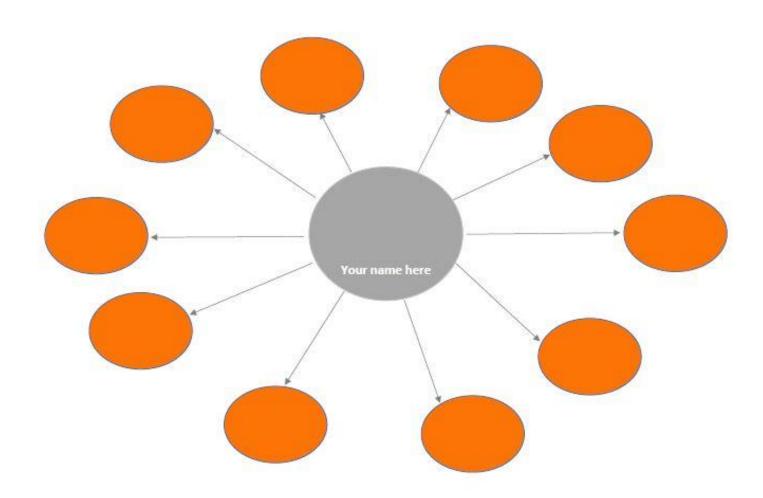


# Activity

Your Top 10 Meaningful Experiences

### **Your Top 10 Meaningful Experiences**

#### **Your Top Ten**



### Imagine...

#### IT CAN'T HAPPEN

- We don't have the resources
- Its never been done
- There is too much risk
- Its not a priority
- We don't have the funds
- We don't have the time

#### IT CAN HAPPEN

- We will ensure that the team is aware
- We will add this to you care plan
- We will take into account this information during our Therapeutic Recreation assessment
- We will create opportunities and offer these experiences to you
- We will make adaptations in order to enable you



### Sienna's Transformation & Growth Journey

### Vision, Mission & Values

#### Vision

To awaken our communities to the positive possibilities of life's next chapters

#### Mission

To help you live fully, every day

- Respect
- Passion
- Teamwork
- Responsibility
- Growth

The warmth of human connection

## Sienna's Journey

#### **The Transformation to Peron-Centered Care**

2015	Rebranding to Sienna Senior Living Inc. and launch of new Mission, Vision & Values			
2017	Started the planning to transition both databases into PCC One Record			
2018	Developed and launched the new Leisure and Wellbeing Move In Assessment, Re-Assessment and Care Plan Library			
2019	Developed an RT specific referral for 1:1 RT interventions beyond the recreation team engagement.			
	<ul> <li>A push to new language and terminology that is person centered</li> <li>First person dialogue</li> <li>Support to mitigate negative outcomes or responsive behaviours</li> </ul>			



# Model

Leisure & Well-Being

### Leisure & Well-Being Model

#### **Enhancing Leisure Experiences**

- Savouring Leisure
- Authentic Leisure
- Leisure Gratifications
- Mindful Leisure
- Virtuous Leisure



#### **Developing Resources**

- Psychological Resources
- Cognitive Resources
- Physical Resources
- Social Resources
- Environmental Resources

Components of TR Service Delivery

Positive affect, emotion, and experience on a daily basis

Well-Being: a state of successful, satisfying, and productive engagement with one's life and the realization of one's full physical, cognitive, and social-emotional potential

Cultivation and expression of one's full potential-including strengths, capacities and assets.

Hood, C. & Carruthers, C. (2007)



## Person Centered TR Assessment

### Leisure & Well-Being Move In Assessment

A.					
	Background	1. My educational background and Program(s) I have studied are?: H			
		Occupation(s)			
		2. My previous occupation(s) were: H			
		Military Service			
		3. I am a veteran? н			
		○ a. yes ○ b. no clear			
		3a. Where I served and when: H			
		3b. I am a Spouse of a Veteran? н			
		○ a. yes ○ b. no clear			
		Alcohol Preference			
		4. My preferences regarding alcohol are? H			
		○ a. I do not drink alcohol ○ b. I like to drink socially ○ c. I enjoy drinking alcohol regularly clear			
		4a. Extra details regarding my alcohol use and preferences are: H			

### Leisure & Well-Being Move In Assessment

- 26 statements about myself in total
- Examples include:
  - The most important people in my life are.....
  - A typical day for me before moving here was.....
  - My past and present hobbies are/were.....
  - My favourite time of the year is... because....
  - I was associated with the following clubs or associations....
  - I volunteered at/as....
  - Activities I like to engage in on my own are...
  - My leisure and personal goal that I would like to achieve are....

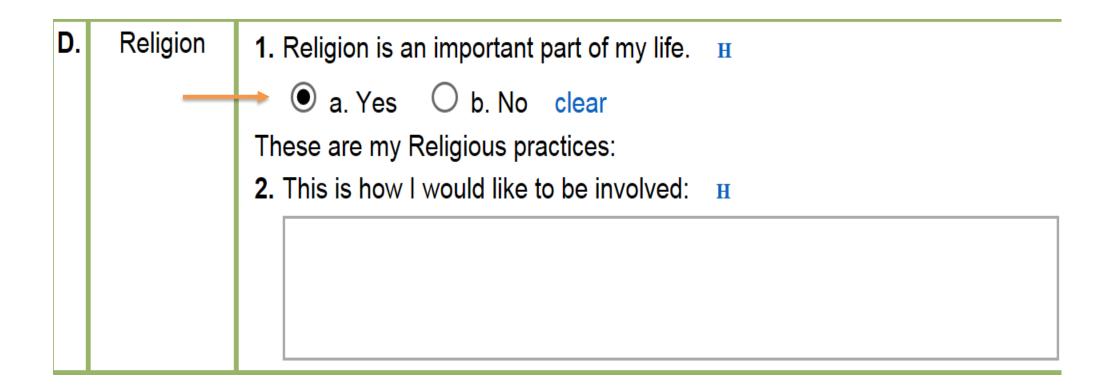
### Leisure and Well-Being Move In Assessment

Section C: Spiritual

C.	Spiritual	1. Spirituality is important to me. H
		○ a. Yes ○ b. No clear
		2. My hopes and dreams are: н
		3. What gives my life meaning: н
		4. Additional details or other spiritual activities that are important to me: H

### Leisure and Well-Being Move In Assessment

Section D: Religion



#### **Barriers to Engagement & Goals**

#### **Barriers**

- Engage in discussion about past interests that the resident is no longer engaged in and why that is.
- Identifying fears & phobias
- Tools that we can be provided to support engagement

#### Goals

My leisure and or personal goals that I would like to achieve/share are...

### **Analysis of the Assessment**

- **Focus:**
- I am at risk for social isolation related to\_\_\_\_\_\_.
- Goals:

I will be supported in decreasing social isolation by participating in activities of choice \_\_\_\_\_\_ (specify) times per week by the next review date.

- > Approaches:
- I prefer 1:1 interactions with \_\_\_\_\_ (specify).
- Invite/encourage family members or others (specify) to attend experiences with me.
- Invite me to the following types of experiences (specify).
- I prefer sensory stimulation.
- Decrease the length of a program and increase frequency.
- I am more receptive to engagement \_\_\_\_\_ (specify).
- Custom (specify).

### Leisure & Well-Being Re-Assessment

What's changed in the last quarter?

1.	Recreation Review	Progr A.	am Participation (Review last 3 months of resident participation) Has the resident's number of programs attended changed? H	
			O a. Yes O b. No clear	
		Aai.	If yes, why? H	
		Abi.	If no, why? H	1
		В.	Is the resident's level of involvement in programs above benchmark? (6)	н
			O a. Yes O b. No clear	
		Bbi.	If no, why? H	



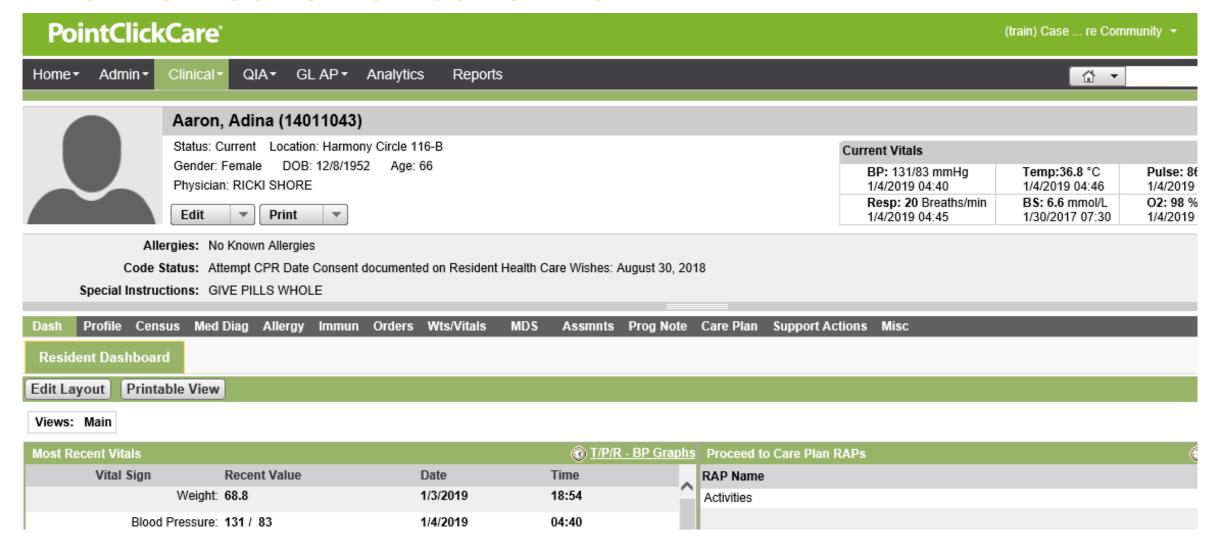
## Care Plan

#### Plan of Care vs. Care Plan

A Plan of Care are all the interventions (ie/physician orders, allergies, diet type, POC) throughout the resident's electronic health record or chart. The care plan provides specific details as to how to provide care for a resident.

A Care Plan is a living document that is multi-disciplinary and demonstrate the provision of care and service that meet the individualized needs of the resident.

#### Plan of Care vs. Care Plan



## Life My Way

When no risk is identified

		k Care Plan PN New Alert Jump to MDS
Focus	Goals	Approaches/Support Actions
edit pn My day as described by Ariel. + H	New Goal edit pn Life my way. (OVERDUE) + H	New Approach  edit pn  What needs to happen in my day to make it GREAT is that you greet me when you see me and tell me your name. + H K  edit pn  I like to get up at 0730- 0800 hrs. + H K  edit pn  I prefer a consistent structure to my day as it helps me remember and feel at ease. + H K  edit pn  I get upset/worried when I don't remember my name or who you are. Please remind me. + H K  edit pn  I generally like to spend my time watching TV in my room or lying in bed . + H K  edit pn  Spiritual practises within my day are (specify time of day)and (specify time of year). Δ H K  New Support Action New Custom Support Action  NO ASSIGNED SUPPORT ACTIONS
edit pn I'm at moderate risk for falls due Gait/balance problems related to physical weakness. + H	New Goal edit pn My risk of injury from a fall will be minimized. (OVERDUE) + H	New Approach  edit pn My biggest risk of falling is when I am walking independently .Team Member to accompany me to the d/R at meal times to ensure safety when I am feeling weak. + H K  edit pn My family has re arranged furniture in my room. Team members to ensure I have proper foot wear on when ambulating. + H K  edit pn Bed alarm to be applied when I am in bed for safety, team members to ensure bed alarm is on and working. + H K  New Support Action New Custom Support Action  NO ASSIGNED SUPPORT ACTIONS

#### **Outcomes**

What have these changes meant?

- Less time documenting and more time spent with residents
- Decreasing document duplication
- Streamlining what each discipline is asking the resident upon Move In reducing a redundancy of questioning therefore decreasing stress and anxiety
- Encouraging a discussion type assessment approach rather than an interview approach
- More collaborative involvement between disciplines
- Open ended statements/questions allowing for broader reflection of the individual
- Care Plans are now substantially reduced in content/length
- Documentation meets Ministry Regulation requirements for LTC
- Supports Person-Centered approaches to care
- Supports Sienna's Culture Change Journey and
- A social model of care vs. a medical model of care



# Questions?

