

FHCA 2014 Annual Conference & Trade Show

CE Session #61 – Plans of Care: Jewels of Dementia Care in ALFs

Friday, July 11 – 10:00 to 11:30 a.m.

Crystal K – Assisted Living

Upon completion of this presentation, the learner will be able to:

- discuss the most successful screening options for dementia before admission to their building;
- develop better and more effective interactive and hands-on skills to reduce or change the challenging behaviors when someone has dementia; and
- identify environment triggers that may cause distress, improving alternative approaches to engagement in everyday tasks to eliminate behavior problems.

Seminar Description:

Residents may come to an assisted living facility needing specialized memory care, or a resident may begin to develop cognitive impairment as a course of their aging experience or due to external triggers such as medication introduction, surgery or illness. This session will explore recognizing and responding to residents with cognition problems, noting how plans of care support the resident and provide guidance to staff.

Presenter Bio(s):

Rosemary Carbonelli serves as the Administrator of Pines of Sarasota Assisted Living Facility. She received her Masters of Science in Health Services Administration from the University of Evansville and her Bachelor of Science from Quinnipiac University. With over 25 years of experience in long term care, Rosemary is licensed as a Nursing Home Administrator (MA) and is certified as an ALF Administrator. She serves as the ALF VP for FHCA, chairs the FCAL Committee and recently stepped down after 5 years serving as FHCA national affiliate (NCAL) State Leader. In 2011, Rosemary was named FHCA ALF Administrator of the Year.

JoAnn Westbrook serves as the Education Institute Director. She received her degree in Gerontology from the University of South Florida. She is licensed as a nursing home administrator and is certified as an ALF administrator. JoAnn is also a state certified Alzheimer's trainer. She has worked as an executive director for independent and assisted living as well as consulting for new facilities. She is the author of *Do You Know Where Your Parents Are?*, a comprehensive book of elder placement. 18 years ago she established The Garden, a specialized unit for 45 residents diagnosed with Alzheimer's disease or other forms of dementia for Pines of Sarasota. In July of 2007, JoAnn created the Education Institute at Pines of Sarasota.

Plans of Care-

Jewels of Dementia Care in ALF's

- Presented by:

Pines Education Institute of S.W. Florida

Facilitated by

JoAnn Westbrook NHA Director of Pines Education Institute

Co-Facilitator Rosemary Carbonelli Pines ALF Administrator

What type of license does Your ALF have?

- Standard?
- LNS?
- ECC?
- LMH?
- Do you have a nurse on staff? Medication?
- 24/7
- 8 hours - Consultant?
- Secured Unit?

Base Line

- As many as 50% of people with dementia do not receive a formal diagnosis or receive it too late to be clinically useful.
- Population screening (routine testing of a defined population even when no symptoms or signs have been reported) might provide part of the solution. Base Line is very important!
- Types of Dementia – How many?
- Example – Rosemary – Ms. T

Screening for Dementia

- **SLUMS – St. Louis University Mental Status**
- **SAGE – The Self-Administered Gerocognitive Exam**
- **AD8 Dementia Screening Interview for Families**
 - Elder Guru- Resource for screening

Slums information:

- **The Saint Louis University Mental Status Examination (SLUMS)**
- The SLUMS consists of 11 items:
 - calculations, naming of animals, clock drawing, and recognition of geometric figures.
- http://www.elderguru.com/downloads/SLUMS_updated.pdf

SAGE

- Self-Administered Gerocognitive Exam
- There are four forms of the SAGE test. You only need to take one. It doesn't matter which one you take; they are all interchangeable.
- http://www.elderguru.com/downloads/sage_test_1.pdf

Example: Rosemary – Mr. & Mrs. G

Staff Training

- Form a relationship first, then work on task Attempt.
- “Know the agenda don’t show the agenda”
- Use the Positive Physical Approach created by Teepa Snow
- Vision – Normal Aging - Dementia
- Example – Rosemary - Mr. K.
- Noise – Activities (Music, TV) Volume Their music
- Families- Training
- Activities – Engagement not entertainment (know the history)

Positive Lifestyle influences

- Environmental Triggers:
- Bathing – How to reduce stressful bathing situations.
- The environment plays a key factor in the level of agitation the resident sees.
- What can you do to create an environment that changes the experience from fear to fun?
- What can be added to the bathing experience?
- (Music, Aroma Therapy, Approaches.)

Before



After



Secured Assisted Living dementia unit



Mural for Living Room



Exit Doors



After Mural



Resources

- Elder GURU – describes all screening tests - provides downloads
- Pines Education Institute DVDs for Dementia training
- Dementia Care Academy – streaming for staff training
- TeepaSnow.com – music and books and presenter opportunities
- For more information on murals you can contact KC Higgins at
- KC@innov8art.com
- Rosemary Carbonelli – Consultant (941) 993-4899
- JoAnn Westbrook – (941) 365-0250 x 1114

www.medicationalertsystem.com

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JoAnn Westbrook – Additional Resources

You can get all the screening information on www.ElderGuru.com.

<http://www.elderguru.com/download-the-self-administered-geocognitive-exam-sage-alzheimers-test/>

<http://www.elderguru.com/download-the-slums-dementia-alzheimers-test-exam/>

<http://www.elderguru.com/download-the-test-your-memory-tym-alzheimers-disease-exam/>

http://www.youtube.com/watch?v=hbhG9BB_7Pg&feature=youtu.be

www.medicationalertsystem.com

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