



Resident Health & Wellness

Addressing Physical, Cognitive, and Emotional Health Impacts on our Residents

Background:

As part of Safe Care, we started a process for collaborative learning and sharing called “Safe Tables.” A Safe Table is a safe space to come together and explore a targeted safety issue by conducting a deep dive into the key factors contributing to the safety events and developing and sharing prevention strategies and tools.

Keeping our residents safe from COVID-19 has been an all-consuming focus. While we continue to be vigilant in our Infection Control and other related safety practices, we are seeing the impact of COVID-19 infection and isolation on our residents.

Through the Safe Table process, we identified the need to develop recommendations and tools for implementing strong approaches to address the physical, cognitive and emotional health impacts on our residents that will not only support recovery from the impacts of COVID-19 but will serve to strengthen our longer-term approach to improving, or maintaining, the health and well-being of the individuals living in our communities.

Safe Table Advisory Group Members:

Thank you to the COVID-related Safe Table Advisory Group members for committing their time and sharing their experiences and expertise in the development of these important resources.

Dr. Kathleen Weissberg, MS, OTD, OTR/L, CMDCP, CDP, National Director of Education, Select Rehabilitation

Jane Danner, MA, LSW, Regional Operations Executive Manager, Minnesota Department of Health

Angie Ebeling, Assistant Administrator and Director of Life Enrichment, Three Links

Jennie Marcus, Executive Director, Vista Prairie at Copperleaf

Celestie Matters, RN, Director of Health Services, Vista Prairie at Copperleaf

Laurie O’Laughlin, RN, BHA, Director of Nursing-Long Term Care, Essentia Health – Northern Pines Medical Center

Missy Ortiz, PHS Beacon Hills Campus, Life Enrichment Director

Kimberly Smith, OTR/L, Restorative Care Coordinator, Little Sisters of the Poor

Using the Recommendations:

You can use the recommendations below to assess the practices currently present in your organization by clicking on the checkbox next to each practice that is effectively in place within your organization.

Based on the findings of your assessment, you can use the Action Planning Document (or another action planning tool) to create a plan to address one or more of the practices identified as an area of initial focus.

Toolkit items, and implementation tips, are included in each section to provide examples that you can use as a reference or to customize for your program.

Disclaimer: Information shared in this document and tools are intended for purposes of sharing, learning and improvement only. The practices outlined in this document should not be interpreted as setting a standard of care.

Addressing Physical Health

Practice	Toolkit Items
<input type="checkbox"/> Provide structured, evidence-based physical wellness offerings	Tools: Exercise Program Resources
<input type="checkbox"/> Provide Informal Physical Health Programming, such as: <ul style="list-style-type: none">▪ Contests/promotions to increase resident physical activity▪ Engaging physical activities during evenings and weekends▪ Process for residents to set individual physical health goals▪ An activities ideas list, and materials, for staff (other than activities/life enrichment staff) to facilitate activities with residents	Activities Care Planning/Goal Setting

Addressing Cognitive Health

Practice	Toolkit Items
<p><input type="checkbox"/> Provide purposeful activities that stimulate cognition and connectedness, such as:</p> <ul style="list-style-type: none"> ▪ Leveraging Virtual Reality technology ▪ Providing opportunities to increase purposeful engagement ▪ Providing personalized activities related to Safe Care Living the Pledge (<i>I pledge to always treat the people in my care with respect and dignity and take steps to get to know them as a person</i>). 	<p>Tools/Resources: The Path to Purposeful Engagement (Pioneer Network)</p> <p>Life Story Sheets (<i>Tips: Good project for volunteers; have new staff review before working with residents</i>)</p> <p>Virtual Reality Resources: Wellness VR: Described in: Virtual Reality Star Tribune article: <i>(contact Rick Lazzari, Director of Products and Services, LeadingAge Minnesota; rlazzari@leadingagemn.org for more information and discount pricing)</i></p>
<p><input type="checkbox"/> Shift from an activity-based culture, where residents are passively waiting to be engaged in scheduled group activities, to a culture of purposeful engagement by:</p> <ol style="list-style-type: none"> 1) Get to know resident past lives, careers, hobbies, family status; learn what excites them, what they want to learn, what skills and talents they can share with others. 2) Use this knowledge to create opportunities for connecting with other residents and staff with similar interests. <i>Idea from Pioneer Network:</i> Create a club model in which small groups of residents who share interests and passions are provided opportunities to interact. 	<p>Rendever: Described in: LeadingAge VR Article <i>(contact Bobby Allen, Sales Manager, Rendever, Inc.; bobby@rendever.com for more information and pricing)</i></p> <p>Tips/Ideas:</p> <ul style="list-style-type: none"> -Engage the resident council in creating the activity calendar/opportunities. -Create a culture in which activities is not just the job of activities/life enrichment staff; it is everyone’s job. -Create a list of activities to do on the weekends and accountabilities for facilitating activities; have a different staff lead an activity each week. -Evaluate these 2 questions: <ol style="list-style-type: none"> 1) <i>What happens when activity or life enrichment staff is not present or actively running programs?</i> 2) <i>Is there quality engagement in the evenings or weekends when residents typically have less interaction with staff?</i>

Addressing Emotional Health & Well-Being

Practice	Toolkit Items
<input type="checkbox"/> Assist residents in accessing individual and/or group support to manage common challenges that impact conditioning, health, and wellness, such as transitional stress, insomnia, anxiety, depression, and many others.	Associated Clinic of Psychology Geriatric Services Breath Control & Stress Reduction
<input type="checkbox"/> Have a process to proactively identify emotional health/well-being concerns, such as adding to a Watch List Huddle process, monitoring PHQ-9 Scores, monitoring Quality of Life Scores.	Watch List Huddles: Quick Tips
<input type="checkbox"/> Build on the positive connections that have been built between residents and staff during COVID.	
<input type="checkbox"/> Implement activities from Safe Care Living the Pledge: Self Care for Safe Care.	Living the Pledge: Self Care for Safe Care
<input type="checkbox"/> Maximize therapy resources and referrals; Involve your therapy team to learn about what's available and what services they can provide beyond the standard rehabilitation services.	
<input type="checkbox"/> Build a list of programs and activities that provide meaning and purpose for residents with unique needs, e.g., visual, cognitive, auditory, speech	Dementia Care Strategies & Tips Activities for Seniors with Low Vision and Dementia

Action Plan

Action #:

Category: Physical Cognitive Emotional Health & Well-Being

Practice:

Action(s)	Target Date	Person Responsible	Notes