



The Rec-Room

Published Monthly By
Re-Creative Resources, Inc.
 Education, Consultation, and Resources for
 Recreation and Activity Professionals

To download a pdf. version of the Rec-Room visit www.recreativeresources.com/newsletter-archives.htm

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Special Offer!

Spring training has begun! Re-Creative Resources Inc. has a variety of training materials and fun games especially designed for

Recreation and Activity Professionals. These materials are so helpful that Re-Creative Resources has a special offer. Purchase either the Breaking Down the Silos: An Interdisciplinary Approach to Quality of Life In-Service (\$15) OR the Recreation Orientation Manual (\$18) and receive a **FREE** training game of your choice! For more information [click here](#). **Offer ends April 20, 2008!**

Spring 2008 Seminars in NJ

A Quality Assured Recreation Department: Quality Monitoring Methods for Recreation Directors
 Speaker: Kimberly Grandal, BA, CTRS, ACC
 May 22, 2008
 Clifton, NJ
 3 CEU's



Adaptive Technology Puts the Residents First

By Jack York, President, IN2L

Technology, ready or not, is exploding in the world of senior living communities. It's exploding in a variety of applications that are destined to make senior living facilities more efficient. Look at the innovations creeping into the mainstream world of long term care:

electronic medical records, HIPPA compliance, MDS documentation and assessments, incident report software, infection control monitoring, benchmarking.

Is there something missing in all of this? Is there a group of people that seems left out of the equation? My experience is yes – the person left out of the equation is the life that we're trying to improve, to sustain, to grow – the resident! Take a look at a company who is focused on the resident – and is engaging them in ways we never thought possible. It's Never 2 Late, (www.IN2L.com), provides adaptive computer technologies that entertain, engage and provide much-needed therapy and socialization.

If you're willing to think outside the box you can look at technology in entirely different ways. The IN2L system integrates a variety of adaptive devices into a picture-based, touch-screen platform that is designed for older adults who have never used a computer before. They also integrate a variety of stimulation tools (flight simulators, virtual bikes, driving simulators, etc) that are physically beneficial as well as fun!

It certainly makes sense to look for ways that technology can enhance the operation of your organizations. However, at the end of the day, do a little reflecting on how you can have some of those investment dollars be directed at improving the quality of life of the individuals who you're caring for. From vacuum tubes, to transistors, to complex semiconductors, the greatest generation invented all of the tools that we now take for granted and use every day. Since they invented the technology, they certainly deserve to enjoy it!

For more information, visit www.IN2L and please be sure to say that you were referred by Re-Creative Resources Inc. to receive a complimentary gift, Breaking

Taking the Write Path: Recreation Documentation for Quality of Life (meets documentation requirement for NCCAP track 5)

June 10, 2008

Speaker: Kimberly Grandal, BA, CTRS,ACC

Basking Ridge, NJ

7 CEU's

All sessions are pre-approved by NCCAP for Activity Professionals and have approved CEU's for CTRS's from PRPS.

[To register click here](#)

Quote of the Month

"Motivation will almost always beat mere talent"

Norman R. Augustine

As leisure professionals we spend so much time inspiring and motivating others. Here's a chance to find some inspiration for yourself-though I know you are always thinking of the residents so you'll want share these with them too! Click on the Simple Truths banner to view inspirational movies.



Happy National Nursing Home Week

May 11-17th, 2008

"Love is Ageless"

National Nursing Home Week, established by the American Health Care Association in 1967, is a week-long observance recognizing nursing homes. It begins on Mother's Day, the 2nd Sunday of May. It is important to start planning now. For some great ideas, products and resources, visit

[*American Health Care Assoc.](#)

[*Positive Promotions](#)

[*Advance Healthcare Shop](#)

[*Faithful Friends](#)

Re-Creative Resources' Inc. April Raffle Winner



Down the Silos: An Interdisciplinary Approach to Quality of Life In-Service".

Care Plan 101: An Introduction to Care Planning

By Kimberly Grandal BA, CTRS,ACC

Creating and implementing individualized care plans for residents in long-term care facilities is a very important responsibility of activity and recreation professionals. The activity assessment determines the content of the care plan. Not all residents will have an "activity-care plan", but most care plans should have "activity-related interventions" found in the comprehensive care plan. Care plans may be written regardless if a resident triggers on the MDS 2.0. It is important to set realistic, measurable goals, interdisciplinary interventions, and create care plans that are individualized and person-centered.

The RAI user manual defines care planning as, "A systematic assessment and identification of a resident's problems and strengths, the setting of goals, the establishment of interventions for accomplishing these goals." Many health care professionals find care planning to be a daunting experience. The following are some reasons why we must dedicate time to writing effective, individualized care plans:

- Document strengths, problems, and needs
- Set guidelines for care delivery
- Establish resident goals
- Identify needs for services by other departments
- Promote an interdisciplinary approach to care and assign responsibilities
- Provide measurable outcomes that can be used to monitor progress
- Meet federal and state requirements
- Meet professional standards of practice
- ***Enhance the resident's quality of life and promote optimal level of functioning!***

The time frame for writing care plans varies. Some care plans warrant immediate attention, while others are written as needed. It's important to note that CMS requires that care plans be written a minimum of seven days after the MDS completion date and must be review at least quarterly.

The Recreation/Activity department plays an important role in the care plan process. Recreation departments must identify the resident's leisure/recreation needs, barriers to leisure pursuit and help minimize these barriers. It is also important to identify the resident's leisure/recreation potential, provide the necessary steps to assist the resident to achieve their leisure/recreation goal/s, provide interdisciplinary support by entering a variety of recreation interventions on various (non-activity) care plans and to monitor and evaluate residents' response(s) to care plan interventions.

Although all areas should be considered when writing care plans, Recreation and Activity departments often focus on cognitive loss, communication, ADL's, psychosocial, mood, nutrition, falls, palliative care, activities, recreation therapy, pain, behavior and restraints. The components of a care plan include:

Congratulations to the winner of the Re-Creative Resources Inc. April raffle, **Patricia Newman** from New Jersey. Patricia won a **BigBand Fitness System**, containing the winner's choice of BigBand style, a 30-minute exercise DVD, and a large-print color wall chart. This great prize, a value of \$42.95, is courtesy of BigBand, LLC (www.bigbandfitness.com).

Enter May Raffle

The May raffle drawing is ideal for Mother's Day programming. For a chance to win the **Songs of the Heart sing-along DVD**, courtesy of **Melody Lane** (www.melodylane.ca), simply enter the raffle drawing by contacting **Kimberly Grandal**. Please be sure to put **Raffle Drawing** in the comments section. A random winner will be selected and announced in the June issue of The Rec-Room. The deadline for entry is **April 20, 2008**. Please note: all entries are kept confidential and are for the sole purpose of winning a fantastic prize. Don't miss out!

ProActivity Reports

Activity computer software

www.maturesolutions.com

Mention Re-Creative Resources when you purchase the ProActivity software and you'll get an additional two weeks free! (A \$25.00 value!)

Danny Pettry's Continuing Education Program For Recreation Therapists and Allied Healthcare Professionals

Need CEU's but don't have the time to attend? Well Danny Pettry has a vast line of affordable, accessible, flexible, enjoyable, easy-to-complete courses. For more information [click here](#).

Recommended Reading

Essentials for the Activity

Professional in Long Term Care by Susan Lanza, is a book designed for new activity professionals as well as seasoned professionals. It has great tips, resources and valuable information for any Activity Director and is often used by MEPAP instructors. To purchase this book [click here](#).

- Statement of the problem, need, or strength
- A realistic/measurable goal that is resident focused
- Approaches/interventions the team will use to assist the resident in achieving their goal
- Important dates and time frames
- Discipline(s) responsible for intervention
- Evaluation

Did you know?

Re-Creative Resources Inc. offers an all-day documentation workshop that meets the documentation requirement for ADC track 5? The next session is scheduled for June 10, 2008 in Basking Ridge NJ. To register or for more information, visit

www.recreativeresources.com/seminarregistration.htm

Activity/Recreation Care Plan Samples

These are just a few samples. Remember, the most important aspect of care planning, is **INDIVIDUALIZATION!**

Statements (the resident's name is usually used instead of the word "resident")

- Resident has limited socialization r/t to depression
- Resident prefers to stay in room and does not pursue independent activities
- Resident is bed-bound r/t to stage 4 pressure ulcer and is at risk for social isolation
- Resident demonstrates little response to external stimuli r/t to cognitive and functional decline
- Resident enjoys resident service projects such as changing the R.O. boards
- Resident becomes fearful and agitated upon hearing loud noises in group activities r/t to dementia
- Resident has leadership abilities
- Resident prefers a change in daily routine and wishes to engage in independent craft projects

Goals

- Resident will respond to auditory stimulation AEB smiling, tapping hands, or vocalizing during small group sensory programs in 3 months
- Resident will actively participate in 2 movement activities weekly in 3 months
- Resident will remain in a group activity for 15 minutes at a time 2x weekly in 3 months
- Resident will accept in room 1:1 visits by recreation staff 2x weekly in 3 months
- Resident will socialize with peers 2x weekly during small group activities in 3 months
- Resident will respond to sensory stimulation by opening eyes during 1:1

Products and Services

*Free Job Post (*national*)

*Activity and TR Resources

*Forms and Manuals

*Recreation Department
Review Manual (*a must!*)

*Interdisciplinary Approach to
Quality of Life In-Service (*just \$15*)

*Free Forms and Materials

Contact Kimberly Grandal

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*Visit our website

www.recreativeresources.com

sessions in 3 months

- Resident will actively participate in Horticultural Therapy sessions in the green house, 1x monthly in 3 months
- Resident will continue to assist other residents in writing letters on a weekly basis in 3 months
- Resident will exhibit no signs of agitation during small group activities 3x weekly in three months
- Resident will engage in self-directed arts and crafts projects 1x weekly in 3 months

Interventions/Approaches

- Provide a variety of music i.e. Big Band and Irish
- Utilize maracas and egg shakers to elicit movement
- Provide PROM to the U/E during exercise
- Involve resident in activities of interest i.e. singalongs, adapted blowing and trivia
- Offer 1:1 visits in the late afternoon to discuss recent Oprah episode
- Seat resident next to other Korean speaking resident during groups
- Provide tactile stimulation i.e. hand massages and textured object i.e. soft baseball
- Provide olfactory stimulation i.e. vanilla extract and cinnamon for reminiscing
- Utilize adapted shovel and watering can during HT sessions
- Provide easy grip writing utensils and a variety of greeting cards/stationary
- Involve resident in small sensory groups i.e. SNOEZELEN and Five Alive
- Provide adapted scissors and paint brush

Try this: Imagine that you are a resident in a long-term care facility and you are bed-bound for a health-related condition and are at risk for social isolation and inactivity. Write a goal and at least seven interventions/approaches that are relevant to you. Have the entire Recreation department do this.

Are you a nationally certified activity professional?

www.nccap.org

Melody Lane Sing Along Videos

#29 1920 Marconi Blvd. London ON. N5V4X8



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