Therapeutic Benefits of Adult Day Care for Adults Living with Dementia: A Multidisciplinary Approach

Presented by:
Sally S. Davis RN MSN
For:
Interdisciplinary Geriatrics Clinical Experience
October 15, 2015
Agenda

Background on Amazing Place

Participant Curriculum

Therapeutic Benefits

Q&A
Mission:
To enrich the lives of adults with mild to moderate dementia by providing fellowship, memory care and wellness--

And to provide support to their families and the community
Founded in 1996, Amazing Place is a state-licensed, faith-based non-profit 501(c)3 organization governed by 15 different churches in the Greater Houston area.

We served over 435 participants and family caregivers in 2014.

We have a staff of 25 and have over 300 active volunteers.

We are licensed for 60 participants per day, serving an average of 58 participants per day. Age 53-98, ½ Male, ½ Female, 54% mild dementia.

The medical community is one of our top three referral sources.

On average our Participants attend 3 days per week and our average length of stay at Amazing Place is 1 ½ years.
48% of current caregivers are adult children of the participants; 35% of current caregivers are spouses of the participants

Average age of adult children is 52 years old; average age of the spouse is 67 years old

55% of the caregivers are currently employed; 28% are currently retired; 4% are currently self-employed

88% of participants live with their caregivers
The Care Team
Our Curriculum Foundation

Practices shown to help keep your body and brain healthy and potentially reduce risk for cognitive decline serve as the foundation of our curriculum.
Participant Curriculum

Cognitive Stimulation
Health & Wellness
Cultural Arts
Creative Arts and Music
Pet Therapy
Spiritual Expressions

Recreational Therapy
Fitness
Sports & Leisure
Intergenerational Collaborations
International Studies
Civic Service
Memory Preservation Nutrition
Seven Therapeutic Benefits: Amazing Place

1. Cognitive Stimulation
2. Stress Management
3. Exercise
4. Nutrition
5. Enriched Social Activities
6. Wellness
7. **TIME**
Mental Stimulation

- Trivia
- Crosswords
- Game Show Themed
- Worksheets
- Chronicle Puzzles
- Proverbial Wisdom
- Wii Based Trivia
- Pictionary
- Taboo
- Madlibs
- Syllable Sentences
- Wacky Wordies
- Spot The Difference
- Catagories/Scattergories
- Scrabble
- Sequence
- Majhong

Through Cognitive Games
Mental Stimulation

Through Cultural Education
Mental Stimulation/Sensory Stimulation
Spotlight on Cognitive Programs

Different groups for different levels--Mind Matters

TED Talks and discussion for milder

Use of technology
Stress Management - Routine

**Stress Curve**

-太小的压力（欠载）
-理想的压力
-过多的压力（过载）
-烧灼

**Performance**

-放松
-疲劳
-耗尽
-焦虑/恐慌/愤怒

**Stress Level**

-晨间7:30-咖啡、新闻及独立研究
-9:30-认知练习及怀旧小组（周一-花卉布置）（艺术-周二）
-10:30-低活力小组及轻度活动（艺术-周二）
-11:00-怀旧/信息类活动（低活力活动者）或运动（轻度活动）
-11:30-娱乐或认知练习
-中午午餐
-1:00-休闲选择
-2:15-大型团体展示（例如：音乐/文化/当前事件等）
-2:45-休息
-3:15-物理团体或团体表达
-3:50-自尊/怀旧/桌游
-4:30-新闻/娱乐

*该计划可能会根据特殊活动进行调整，以满足参与者的需要。*
Stress Management - Through Spirituality
Stress Management-Through Music

Participant Performances
Background Music
- Calming tunes during meditation & art
- Upbeat for exercise & parties

Guest Performances
Sing-Alongs
Name That Tune
Patriotic Celebrations
Stress Management - Through Art

Sing-Alongs
Name That Tune
Background Music
Exercise Regularly

Exercise classes are offered twice daily at Amazing Place
Types of Exercise Classes Offered

Tai Chi
Aerobic Cycling
Seated Exercise
Pilates
Laughter Yoga
Stretch and Meditate
Putting Lessons
Sports Games
Chair Yoga

Coming Soon:
Zumba &
Chair Hip-Hop
Enriched Social Activities
Enriched Social Activities

Civic Service Programs
Enriched Social Activities

Community Outings
“We can reduce our risk of every major chronic disease by 80%—heart disease, cancer, stroke, diabetes, dementia, and obesity by healthy lifestyle choices particularly in nutrition and exercise. No drug can do this.”

- Dr. David Katz,
Director of the Prevention Research
Yale University School of Medicine
# Amazing Place MENU Changes

<table>
<thead>
<tr>
<th>Menu Element</th>
<th>Prior</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef or Pork Entrees</td>
<td>40%</td>
<td>20% or less</td>
</tr>
<tr>
<td>Fish or Seafood</td>
<td>10-15%</td>
<td>40%</td>
</tr>
<tr>
<td>Vegan</td>
<td>0%</td>
<td>10-20%</td>
</tr>
<tr>
<td>Desserts</td>
<td></td>
<td>Decrease sugar, sodium, trans fats</td>
</tr>
<tr>
<td>--Fruit or fruit-based</td>
<td>40%</td>
<td>60%</td>
</tr>
<tr>
<td>--”From scratch” if not fruit</td>
<td>20%</td>
<td>60-80%, brain healthy ingredients</td>
</tr>
<tr>
<td>Snacks, % sweet</td>
<td>100%</td>
<td>5-20% including yogurt parfaits and fruit-- all from scratch Introduce vegetables, savory snacks</td>
</tr>
<tr>
<td>Vegetables, Spices &amp; Herbs</td>
<td></td>
<td>Increase both variety and amount</td>
</tr>
<tr>
<td>Beans, lentils</td>
<td>Not often, low amount</td>
<td>2-3 x/week in soups, salads, side dishes, entrees, snacks (e.g. hummus)</td>
</tr>
<tr>
<td>Healthy Oils</td>
<td>rare</td>
<td>Daily, increase amount, variety</td>
</tr>
<tr>
<td>General</td>
<td></td>
<td>Decrease sodium, sugar, trans fats</td>
</tr>
</tbody>
</table>
MPN™ Lunch at Amazing Place

Field Greens Salad with blueberries, red cabbage, carrots, and homemade Ranch Dressing

Grilled Atlantic Salmon with Fresh Herbs and Lemon Butter Sauce, Roasted Sweet Potatoes, Fresh Green Beans

Peanut Butter Brownie with fresh berries!
Promote Wellness

Provide nursing care to our participants and promote participant health

Provide respite care for our caregivers and caregiver consultation

Provide health education for our participants, caregivers, staff, and community groups
Caregivers Who Reported Improvement in Positive Characteristics in Participants* (%)

- More cheerful: 61%
- Better sense of humor: 38.2%
- Calmer: 58.1%
- Quality of Life: 77.3%

*In participants where it has been a concern

2014
Caregivers* who Reported Improvement in Their Issues (%) 2014

- Anxiety: 71.7%
- Depression: 56.3%
- Stress: 78.7%
- Fatigue: 60%

*In caregivers where it has been a concern
Caregivers’ Overall Rating of Amazing Place on a Scale of Excellent to Poor * (%) 2014

*No ratings of Poor
How Well Participants Report Liking Amazing Place

100% Very much

*No ratings of Ok, Could be Better or Not much
What Participants Say about AP

“I’ve had such a beautiful life, and now I have the opportunity to come to this beautiful place.”

“It’s a beneficial, positive place. You don’t get bored like you would at home. It’s kept my interest in painting alive. I enjoy visiting with the women.”

“There are so many activities that anyone can find something they like. Everyone is nice and they’re always trying to help. I can’t imagine ever beating this place…. It’s a place to keep you busy which keeps you going.”

“The best place in the world. You have to see if for yourself. Until someone comes they won’t believe me.”

“A feeling of sanctuary. You can do whatever you want to do.”
What We learned

- How intense their appreciation is for Amazing Place as a safe, nurturing, and stimulating environment when they are feeling the most vulnerable.

- How important the staff’s ability to respect the dignity of each individual and show unconditional care.

- How important it is to participants to continue to be treated as adults.

- How much they adore lunch!

- How we are giving them a tremendous gift by giving them an opportunity to be with others who have similar issues.

- How important it is that they still want to learn, explore, play, try new things, and give back—i.e., have meaning and purpose.
Summary

“If you like to have fun,
if you like the outdoors,
if you like to go to places you haven’t been to before,
if you like good food,
if you like to hang out with others,
if you like to learn something new,
then you’ll love Amazing Place…It’s magic.”

Amazing Place Participant
Every day at Amazing Place, it is evident that those with dementia and their loved ones can still live full and meaningful lives.