Revised Requirement for Long Term Care: Competency and Best Practice for the Activity Professional

Presenters
Pamela L. Hayle, BA, ACC, SFPT
Quality Improvement Director, Corp. TR Consultant, Augustana Care

Julie Reginek, MS, BS, ACC/EDU, CADDCT
MEPAP Instructor and Online Curriculum Specialist at Ridgewater College

Session Objectives
1. Participants will gain understanding of the Requirements of Participation specific to Phase 2, with an introduction to Phase 3
2. Understand what comprises core competencies for Activity Professionals
3. Learn new ways of thinking about best practices and standards of practice in Therapeutic Activities
4. Gain insight to the term / practice of “meaningful activities.”
5. Participants will be able to relate Best Practice models to competency based activity programs.

Time for Questions / Answers and Discussion

Taking the profession to the next level

Meaningful Activity
What does the research tell us?

What is the Meaning of Meaning?
• Effective activities are meaningful, purposeful, include individual choice, renew interest in life, and bring pleasure
• Meaningful activities are personally or culturally valuable and important to the individual
• Purposeful and meaningful activities build relationships, skills, and meet core psychological needs
• Purposeful activities have a goal that can be achieved, even if it is pleasure or entertainment

This is why we need to pursue meaning!
Developing a Practice of Therapeutic Activities that matches the needs of the LTC populations of today

Learning how to “Think (Be) Clinical

- Appropriate Clinical Practice for Activity Professionals
  - Specialized Programming
  - Standards of Practice
  - Core Competencies

Specialized Program Development

Knowledge Based

and

Program/Modality Based

Specialized Program Example

Strength for Life

- Graded when possible
- Mental component
- Individualized
- Understand Pain
  - DOM’s
  - # 1 Rule

Making it Specialized

- Muscle Anatomy – knowing how muscles work
- How to Contract ~4 counts
- Microtrauma
- Timing
- Exercise resources

Therapeutic Activities Core Competencies

Standards of Practice

Programs

<table>
<thead>
<tr>
<th>Physical</th>
<th>Community Based</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation/Welcome Activities</td>
<td>Pet Therapy</td>
</tr>
<tr>
<td>Cognitive</td>
<td>Personal Health</td>
</tr>
<tr>
<td>Music Enrichment/Therapy</td>
<td>Rehabilitation Support</td>
</tr>
<tr>
<td>Programs</td>
<td>Alternative Therapies</td>
</tr>
<tr>
<td>Social Bonding/Community Events</td>
<td>Wellness Activities</td>
</tr>
<tr>
<td>Cognitive Practices/Services</td>
<td>Dementia Adapted</td>
</tr>
<tr>
<td>Homemaking/Cooking/Cleaning</td>
<td>Intergenerational</td>
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<tr>
<td>Art Enrichment/Therapy</td>
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The Aging Game
Perils and Promise of a Graying Society

The Gray Wave
The Silver Tsunami
The Agequake

Best Practice: Future Work Skills

Six Drivers of Change
1. Longevity
2. Smart machines
3. Data
4. New media
5. Superstructured organization
6. Globally connected world

www.iftf.org

Best Practice
10 Skills for the Future Workforce

- Sense making
- Social intelligence
- Adaptive thinking
- Cross-cultural competence
- Understand data
- New media literacy
- Transdisciplinarity
- Design mindset
- Use of tools and techniques
- Virtual collaboration

Implications

- Rapidly shifting workforce
- Reassess skills
- Put together resources needed
- Adaptable lifelong learners
- Reconsider traditional methods
- Education needs to be a priority

Top Ten Elements of a Comprehensive Life Enrichment Program

- Person Centered care philosophy
- Socialization
- Technology
- Community outreach
- Resident-driven philosophy
- Creative leadership
- Diversity in programming
- Partnerships
- Benchmarking
- Creativity

Person Centered care philosophy
Socialization
Technology
Community outreach
Resident-driven philosophy
Creative leadership
Diversity in programming
Partnerships
Benchmarking
Creativity
Activity Leaders

- See the big picture
- Paradigm shifts
- Know the impact of decisions
- Understand the workforce

Phase 2 – Demonstrating Competency

- Facility Resource Book
  Core Component – Competency

- You Market it – You Must do it!

- Example of Competency skills check for Activity Staff – Handout

F248 soon to be F679

The facility must provide, based on the comprehensive assessment and care plan and the preferences of each resident, an ongoing program to support residents in their choice of activities, both facility sponsored group and individual activities and independent activities, designed to meet the interests of and support the physical, mental, and psychosocial well being of each resident, encouraging both independence and interaction in the community.

F249 soon to be F680

The activities program must be directed by a qualified professional who is a qualified therapeutic recreation specialist or an activities professional who:

(i) Is licensed or registered, if applicable, by the State in which practicing; and
(ii) Is:
  (A) Eligible for certification as a therapeutic recreation specialist or an activities professional by a recognized accrediting body or after October 1, 1990, or
  (B) Has 2 years of experience in a social or recreational program within the last 5 years, one of which was full-time in a therapeutic activities program; or
  (C) Is a qualified occupational therapist or occupational therapy assistant; or
  (D) Has completed a training course approved by the State

“Heart to Serve”

The World is a Changing
(New Requirements for Long Term Care)

- Most sweeping reform since OBRA
- Aligns with Current CMS Initiatives
- Concerns for Activity Professionals
- Phase 2 Implementation “NOW”
Questions and Answers

Contact Information:

Pamela L. Hayle
phayle@augustanacare.org

Julie Reginek
Julie.Reginok@ridgewater.edu