

# TIPS AND TRICKS FROM THE FRONTLINES:

Practical Strategies for working with Individuals  
with Responsive Behaviours

# General Principles

- Preparation
- Independence and respect
- Communication
- Routine/Schedule
- Flexibility

# Main Areas of Focus

- Hygiene
- Dressing/undressing
- Medication Administration

# Hygiene

- Shower
- Bed bath
- Oral care

# Dressing and Undressing

- Choice of Clothing
  - Adaptive Clothing
  - Regular Clothing
  - Hospital gowns
- Techniques
  - Dependent dressing
  - Which area to dress first

# Medication

- Strategies
  - Early administration
  - Preparing early before meal tray is given
- Techniques
  - Jam
  - Applesauce
  - Bread
  - Banana
  - Dissolving

# Q&A

- DO YOU HAVE ANY QUESTIONS FOR US?
- ANY ADDITIONAL TIPS AND TRICKS OF YOUR OWN THAT YOU WOULD LIKE TO SHARE?

# Practical Strategies for Working with Individuals with Responsive Behaviours



Presented by Michel Mauleon



# Common Barriers

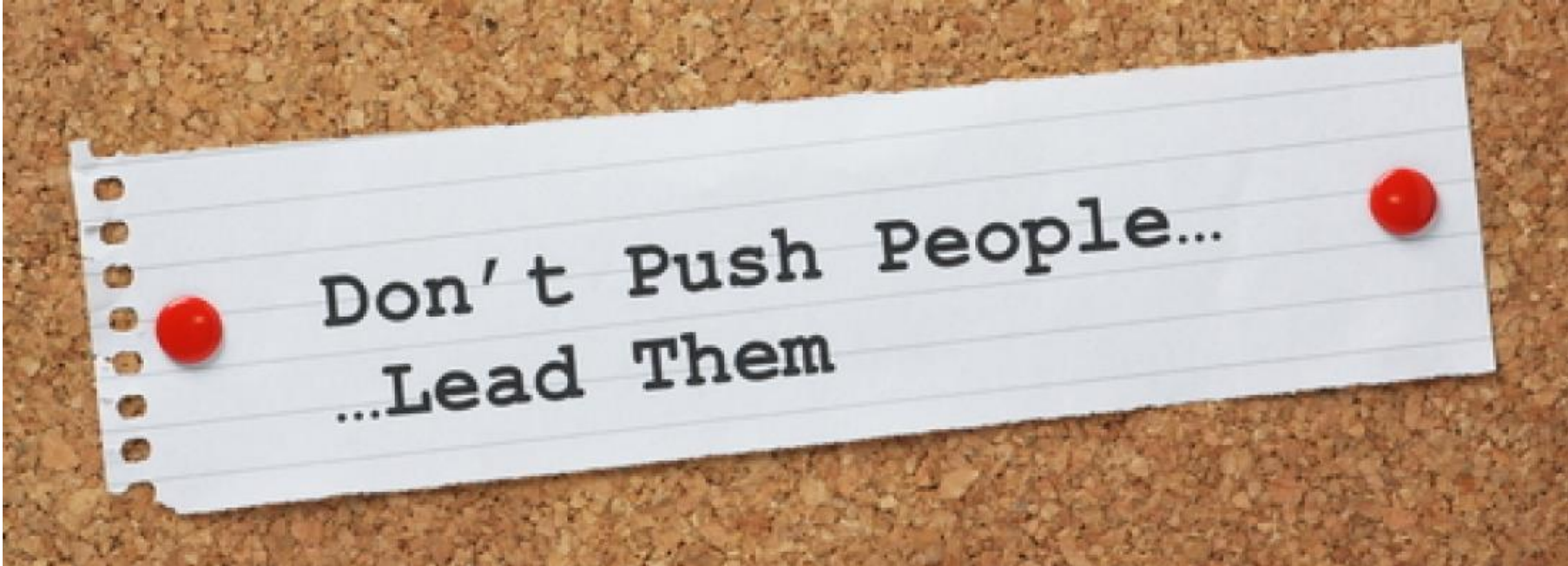
- No time
- This is not part of my job description
- It won't work, maybe they need medication?
- Financial Constraints

“I DON'T HAVE **TIME**,”



# Creating in-house Behavioural Support Team

- Integral part of creating culture change in the home
- It was important to have a shared vision of person centered care across all departments
- In-house team helps to relay information across departments and implement changes



Don't Push People...  
...Lead Them

# Creating In-house Behavioural Team Continued

- Team is comprised of behaviour support lead, housekeeping staff, dietary staff, activation staff, PSW, and RN
- Team initially met bi-weekly and now meets on a monthly basis
- The in-house team collectively works to introduce new initiatives to the home
- Critical in sharing information
- Improves communication across disciplines
- Helps to improve team building across disciplines



# Tapping into Individual Creativity

- Interdisciplinary members offer different insights on meaningful activities for residents
- Collaborating with each other ensures that we have explored all avenues and tapped into everyone's creativity
- Individuals from the Behavioural Team also work within their departments to take back ideas, explore and see how these activities will be implemented
- Encourage family members to take part in thinking of ideas
- Use residents and staff members as Champions to help introduce activity ideas to other residents

# Think Outside the Box

- Try to think of ways to use everyday items
- Enlist the help of others in the home to collect items that you may be able to use for a project
- The items you see in these photos were used to make meaningful activities at Lakeside



# Creating activities out of every day items





# Activities continued



# Success in using every day objects for activities





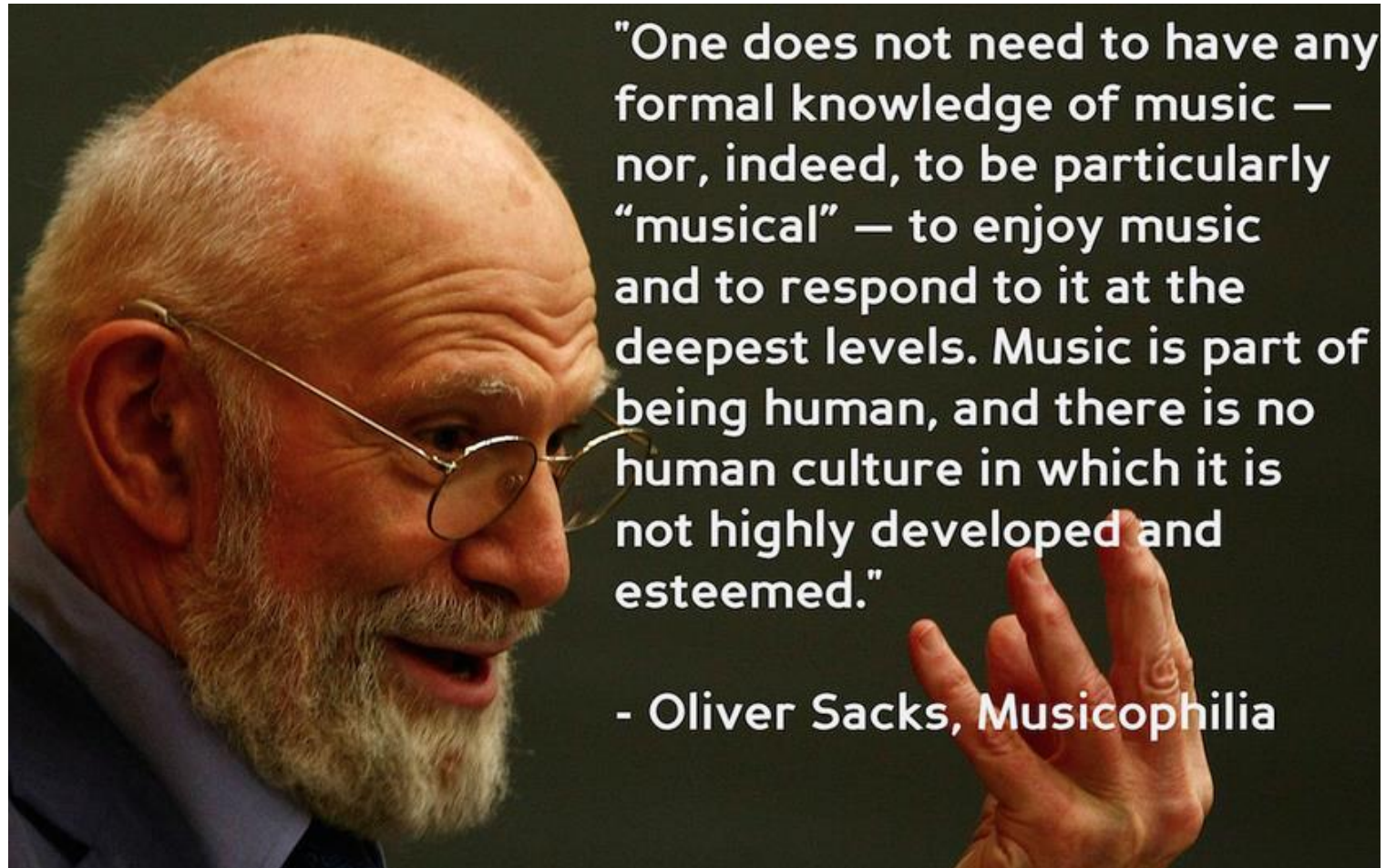
# Engaging residents and staff



# Using activity cart and bins



# Power of Music



"One does not need to have any formal knowledge of music — nor, indeed, to be particularly “musical” — to enjoy music and to respond to it at the deepest levels. Music is part of being human, and there is no human culture in which it is not highly developed and esteemed."

- Oliver Sacks, *Musicophilia*



# Newest Initiative: Forever Young Dance Party



# What is Forever Young Dance Party?

- Weekly dance party for residents in all home areas
- Most of the residents who are participating have responsive Behaviors or mood disturbance
- 34 residents are currently participating (27% of all residents)

# Forever Young Dance Party Video Clip



# Tips and Tricks

- Encourage individual creativity (staff, families, residents)
- Get your In-House Team on board
- Not every activity will be suitable for all residents
- Start small, don't overwhelm yourself and try too much at once
- Celebrate and share successes

# Contact Information

In order to care effectively for a person living with dementia you must accept the way things are; and then, introduce change into your life.

Bob DeMarco, [AlzheimersReadingRoom.com](http://AlzheimersReadingRoom.com)

For more information please email [mmauleon@extendicare.com](mailto:mmauleon@extendicare.com)