

# Positive Approach® to Care:

## Filling the Day with Meaning



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Find additional videos and resources at  
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## Speaker Disclosure

Beth Nolan is the Director of Research and  
Policy for Positive Approach® LLC



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# Objectives:

1. Describe the concept of 'meaningful activities' vs simple entertainment in the different stages of dementia
2. Describe 4 different categories of time use that make up a balanced day those living with dementia that help human beings feel valued, productive, and purposeful.
3. Use selected, meaningful activities, and hands-on skills that match the person, to promote participation and engagement, regardless of the level of brain change.



***How do we fill our days?***

**Changing Attitudes through  
Building Awareness,  
Knowledge and Skill**



# Some Key Beliefs & Principles:

- All people need to be needed – nurturing is a critical part of life worth living
- Dementia Steals Away Roles and Responsibilities that Make Us WHO We Are
- ENGAGEMENT can make a critical difference in the health and well-being of people with dementia

*IF*

- Used Appropriately for the degree of involvement – the ‘Just Right’ Challenge

## How Do We Create Meaningful Days?

How Do We Spend Our Days?



# How Do You Spend Your Day?

## 1. Productive

- Make Me Feel Valued & Needed

## 2. Leisure Activities – Having Fun

- meeting social & solitary preferences
- active/passive options

## 3. Self Care & Wellness

- Taking care of body & mind
- Personal care, physical activity & mental stimulation

## 4. REST & Restoration

- Sleep, **recharging** batteries, & spiritual well-being



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# #1 Productive Activities

- Helping another person
- Helping by leading or helping leaders
- Completing community tasks
- Making something
- Sorting things
- Fixing things
- Building things
- Organizing things
- Caring for things
- Counting things
- Folding things
- Marking things
- Cleaning things
- Taking things apart
- Filling or emptying things
- Moving things
- Holding/carrying things
- Cooking/baking
- Setting up/breaking down
- Other ideas....



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# #3 Self-Care & Wellness

## Cognitive

- Table top tasks
  - Matching, sorting, organizing, playing
- Table top games
  - Cards, board games, puzzles...
- Group games
  - Categories, crosswords, word play, old memories

## Physical

- Exercise
- Walking
- Strengthening tasks
- Coordination tasks
- Balance tasks
- Flexibility tasks
- Aerobic tasks
- Personal care tasks



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## Draw a Circle of Your Day

1. Productive
  - Make Me Feel Valued & Needed
  - Work? Volunteer? Grandbaby sitting?
2. Leisure Activities – Having Fun
  - Social & solitary preferences (active/passive options)
  - What do you do for FUN or entertainment
3. Self Care & Wellness
  - Personal care, physical activity & mental stimulation
  - ADLs, Eating (could be Leisure!), Exercise, Dr's visit
4. Rest & Restoration
  - Recharging batteries & spiritual well-being
  - Sleep, Church, Message, Nails, Just sitting



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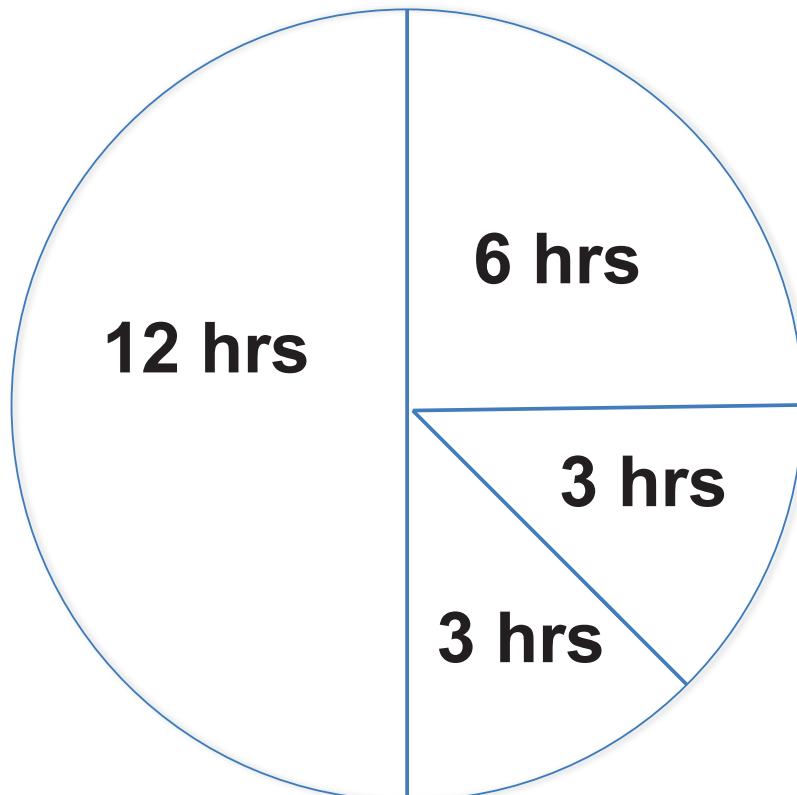
# Draw a Circle of Your Day



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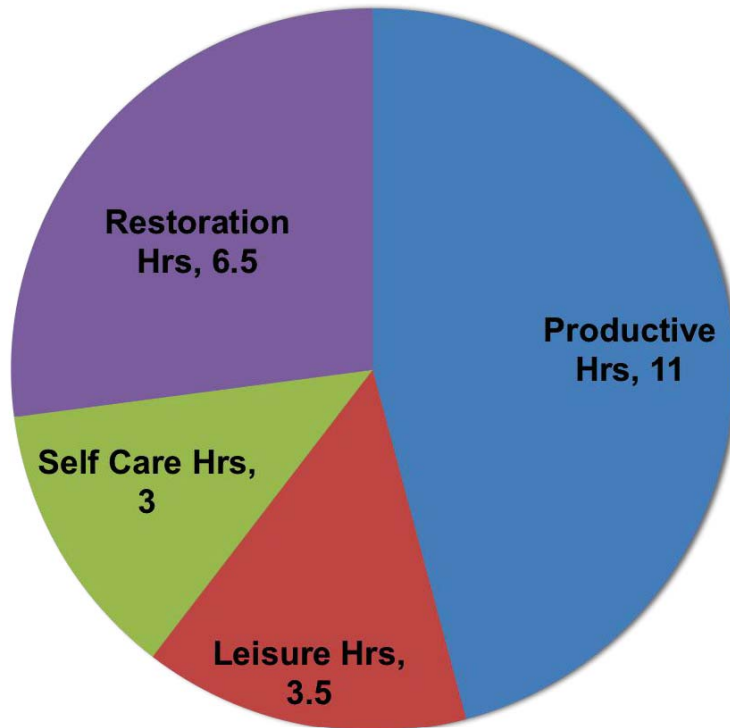
# HOW to Draw a Circle of Your Day



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# My (Average) Circle of My Day



Balance?



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## How Do PLWD Spend *Their* Day?

### Productive

- Make Me Feel Valued & Needed

### Leisure Activities – Having Fun

- meeting social & solitary preferences
- active/passive options

### Self Care & Wellness

- Taking care of body & mind
- Personal care, physical activity & mental stimulation

### REST & Restoration

- recharging batteries & spiritual well-being

## **ADD *Waiting***



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# Structure of the Day



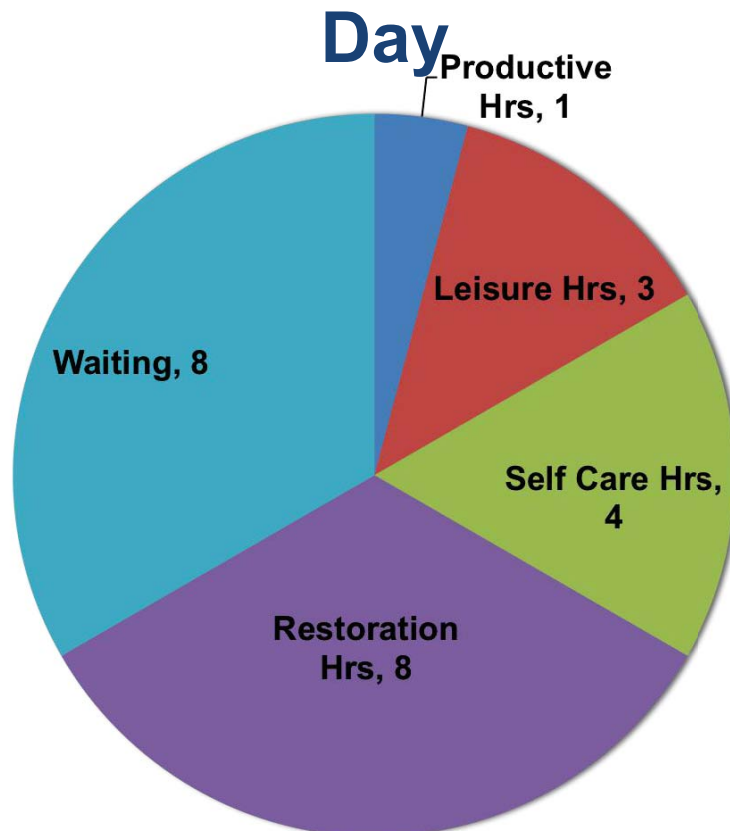
## How do we fill our RESIDENTS' day with meaning?

1. Productive
2. Leisure
3. Self-care
4. Restorative



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## Circle of an Average Resident's Day



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# Basics...About 1 PLwD

1. The time a resident of senior living like to get up? Snooze button or spring out of bed?
2. What do they like to **drink in the morning**?
3. Three things they have with them (chair sized) that id who they are.

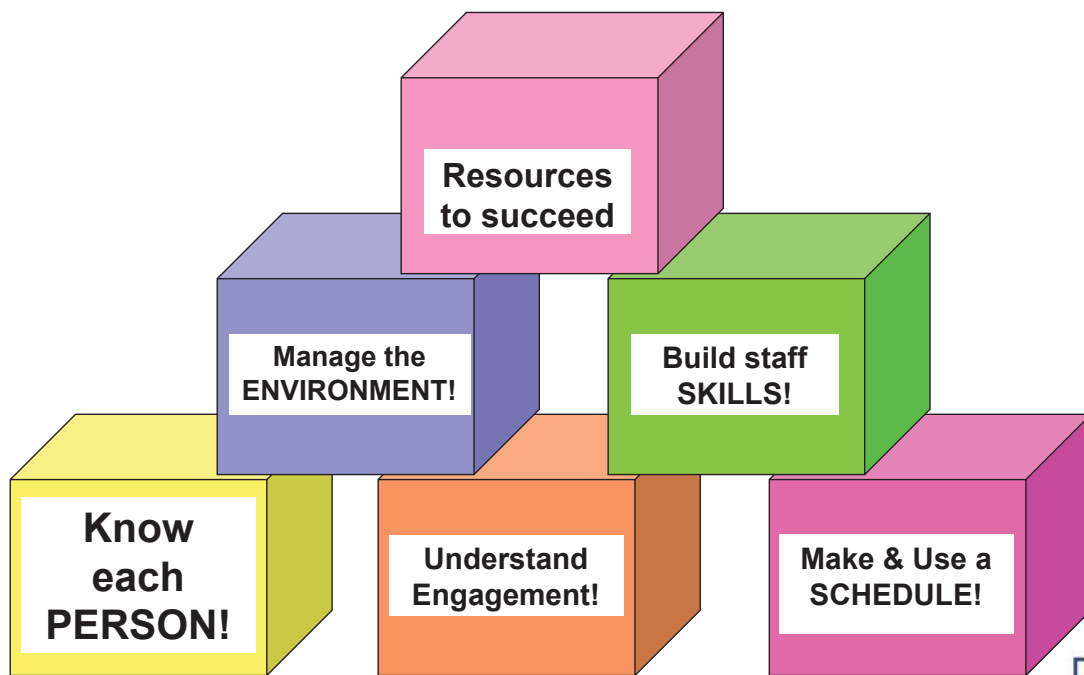


**What does a *SKILLED*  
Engagement Program look like?**

**Changing Attitudes through  
Building Awareness,  
Knowledge and Skill**



# Building Blocks of a Great Engagement Program



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## The GEMs Dementia Progression Allowing people to shine



Changing Attitudes through  
Building Awareness,  
Knowledge and Skill



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# GEMS<sup>®</sup> Dementia Abilities

## *Based on Allen Cognitive Levels*

- A Cognitive Disability Theory – OT based
- Creates a common language and approach to providing:
  - ✓ Environmental support
  - ✓ Caregiver support and cueing strategies
  - ✓ Expectations for retained ability and lost skill
  - ✓ Promotes graded task modification
- Each Gem state requires a special ‘setting’ and ‘just right’ care
  - ✓ Visual, verbal, touch communication cues
- Each can shine
- Encourages in the moment assessment of ability and need
  - ✓ Accounts for chemistry as well as structure change



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## The GEMS...



**Sapphires: True Blue – Healthy Brain**

**Diamonds: Routines & Routines Rule -  
Clear/Sharp**

**Emeralds: Green/On the Go with Purpose–  
Naturally Flawed**

**Ambers: Caught In a moment of time –  
Caution Required**

**Rubies: Deep & Strong –**

**Others stop seeing what is possible**

**Pearls: Hidden in a Shell –**

**Beautiful Moments to Behold**



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# Sensory Assessment (Ambers & Rubies)

## Environment

- Likes it **STILL** or **BUSY**
- Likes it **QUIET** or **NOISY**
- Likes it **EMPTY** or **CROWDED**
- Likes it **NEAT** or **AS IS**
- Likes it **ON TIME** or **WHENEVER**

## Work & Hobbies

- Work **ALONE** or **WITH OTHERS**
- Social Events: **WALL FLOWER** or **LIFE OF THE PARTY**
- Restaurant Settings: **TABLE FOR 2** or **WHOLE FAMILY**

## Personality

- Likes it **WATCH** or **DO**
- Likes it **ALONE** or **AROUND OTHERS**
- Likes it **MOVE MORE** or **TALK MORE**
- Likes it **FOLLOW** or **LEAD**
- Likes it **SUPERVISE** or **DO**
- Likes it **RELAX** or **WORK**



## *The Elements of Engagement*

**Filling the Day with  
Meaning and Purpose**

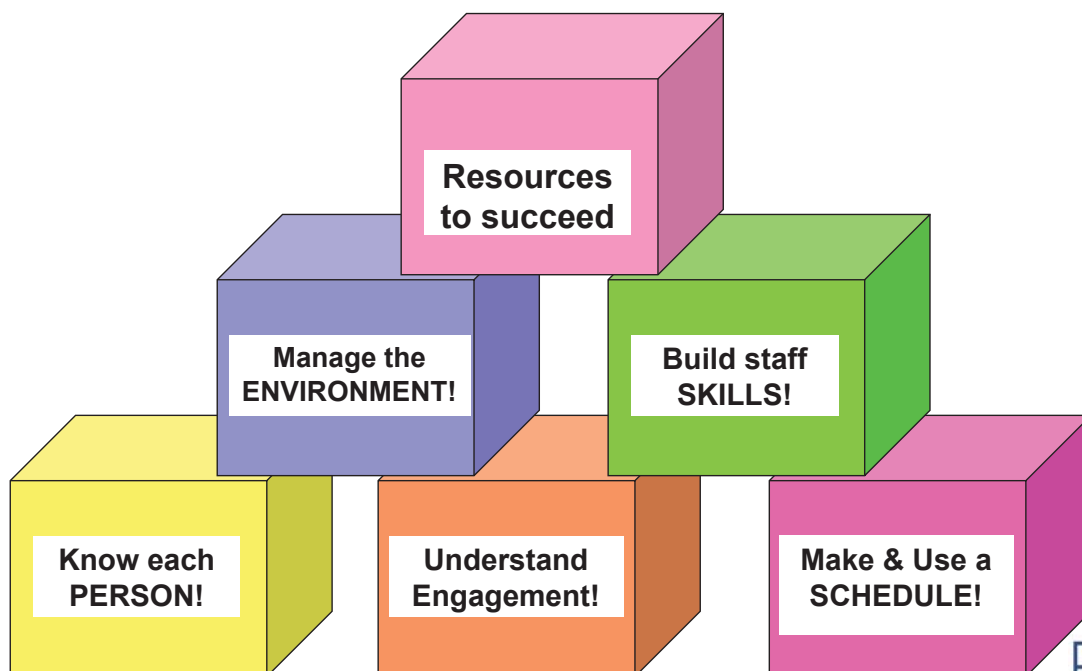
# Engagement

## Fill Each Day with Meaning & Value

- Use knowledge of the person's life story and preferences to guide care & programming
- Help to engage each person throughout each day to meet physical, cognitive, social, emotional, leisure & productive needs
- Use GEM level to guide the physical, emotional, social, environmental support provided during personal care



## Building Blocks of a *Great* Engagement Program



# Know each Person

**Life History**  
Who the person has been...  
Personal history and background

**Health Status**  
medical conditions, medications, limitations & abilities

**Emotional status**  
psychological condition and mental health & limitations

**Cognitive Status**  
thinking, memory, processing skills and limitations

**Sensory Status**  
sight, hearing, touch, balance, coordination, temperature regulation

**Routines and Habits**  
patterns of behavior, daily routines, time use & schedules



# Filling the Day with Meaning

**Make a schedule and follow it**

Be structured  
BUT allow flexibility

**Offer a variety of activities every day**

Leisure, work, rest, self-care, groups and 1:1, passive and active

**Create Group schedules**

BUT also build individual schedules

Not everything is for everybody!

**Create a FLOW for the day**

Build up and then slow down

Circadian rhythms

8 am – coffee circle  
8:30 – songs of joy  
9 am – time to ‘go’  
9:15 – take a hike – walk’n’roll  
10 am – cool down & stretch  
10:30 – watering hole  
11 am – ‘use your brains’ games  
11:30 – time to ‘go’ – wash up  
11:45 – ‘set-‘em up’ crew  
12 noon – let’s eat  
12:30 – clean up crew  
1 pm – music and meditation  
1:30 – coupons clipping  
2 pm – time to ‘go’  
2:15 – let’s dance

**Build a Foundation of Familiar and Favorite Activities**

Add a few special events and something different



# Manage the Environment

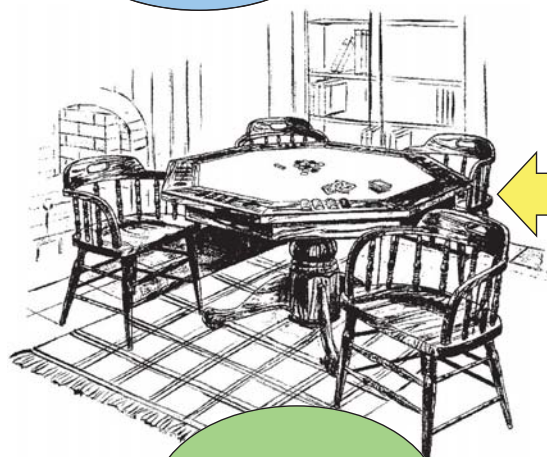
**Pay attention**  
to the lights,  
sounds, seating,  
work surface,  
space...

Use the space  
well  
Plan and place  
for BEST effect

**Give out tools and  
materials 'just in time'**

**Control the activity so  
clients are successful –  
not overwhelmed**  
- not out of synch

**Do the 'right stuff' in  
the 'right place'**  
Match what you do  
to where you are...



**Make it look friendly**  
Get me to want to come

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Create & Use  
Storage

**Make set-up &  
clean-up part  
of the activity**

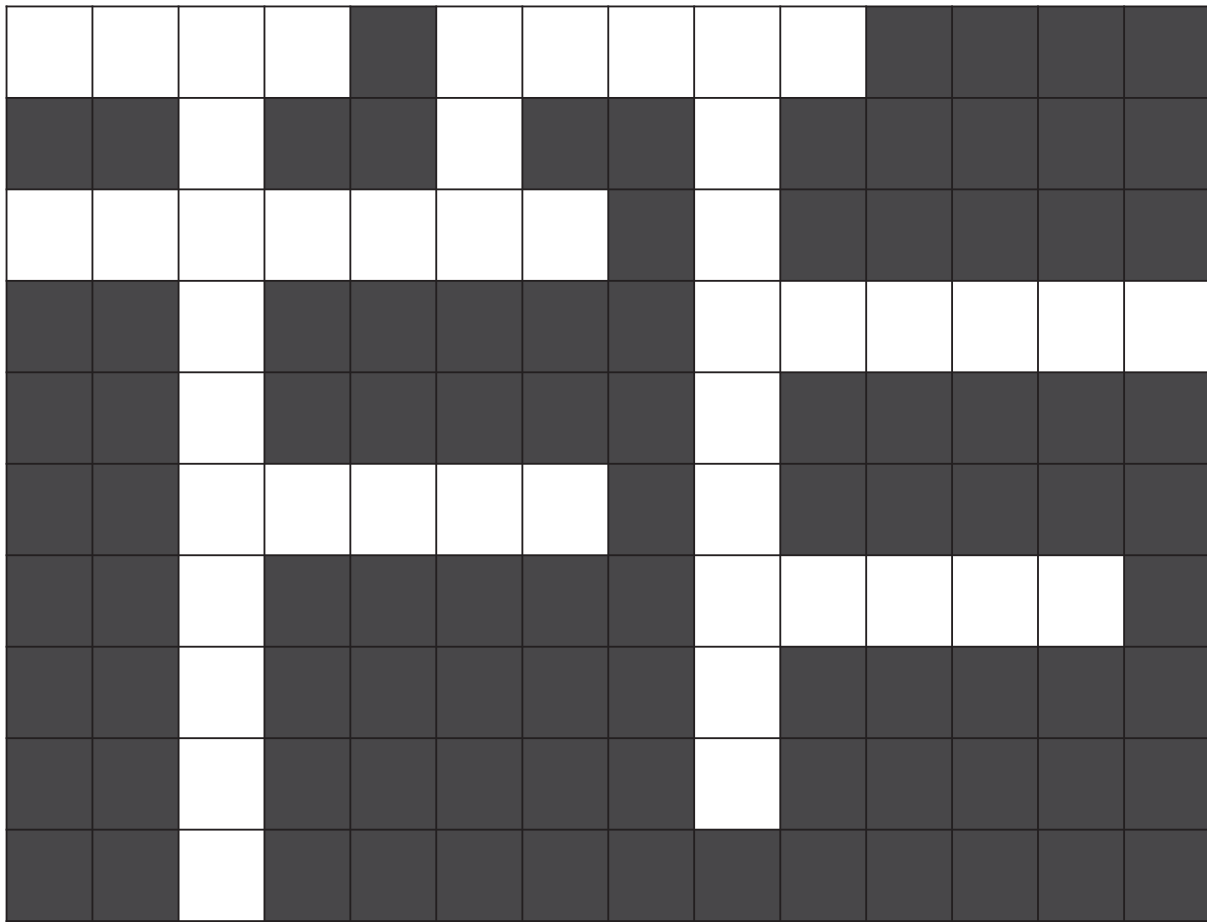
**Change it  
around – if  
you need to –  
to make it  
work!**

**Keep it ADULT**

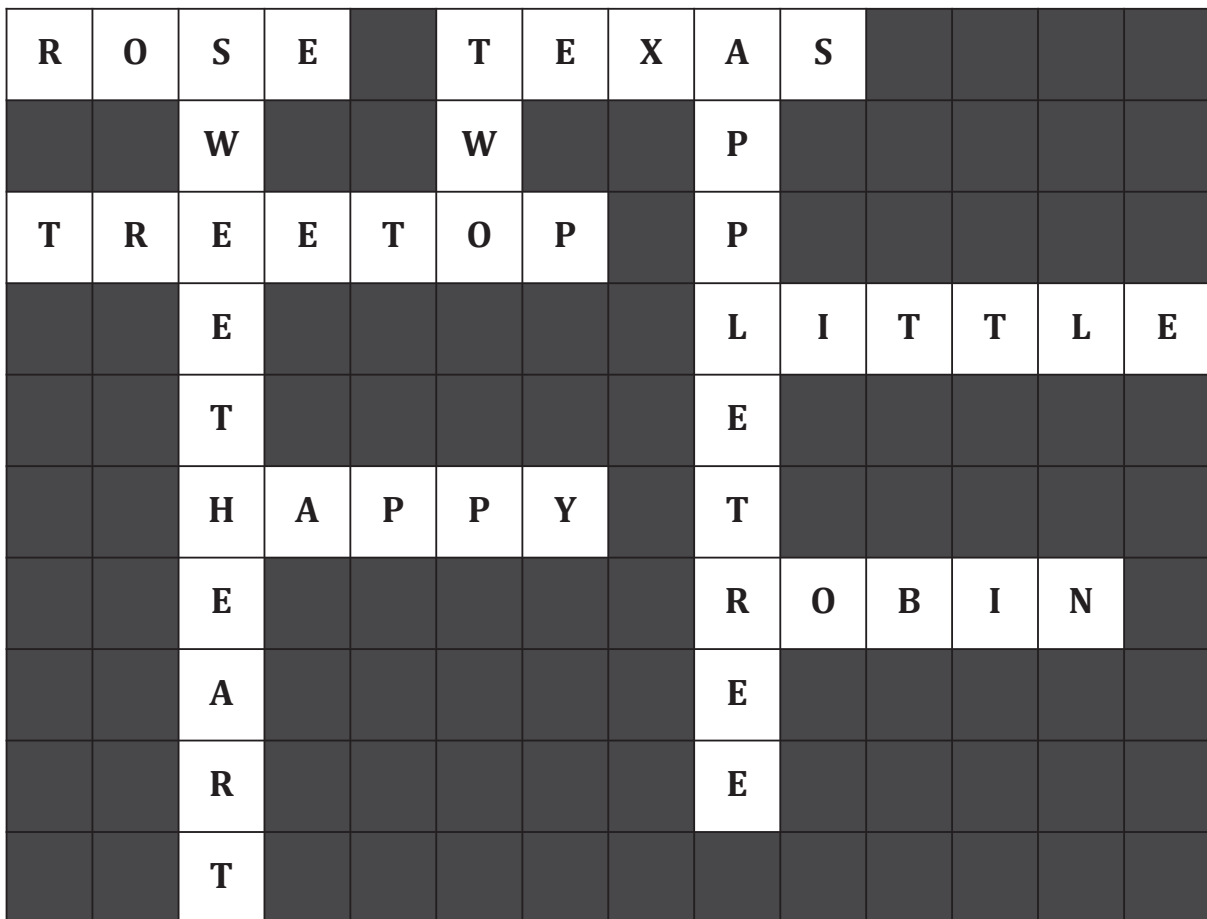
Make sure supplies,  
activities, and games are  
meaningful  
Play & laugh with folks,  
not at them

## Possible Activities

- Sing-A-Long
- Name That Tune
- Clues to Songs
- Crossword Puzzle Clues
- Theme Sings
- Prompt Story Telling
- Go Down Memory Lane
- Group Movement Games
- Songs/Music to Radio/TV
- ID instruments from sounds
- Help to Rest
- Help to Wake Up
- Cue to Next Activity
- Cue for Routines
- Fill in Holes
- Offer Thanks
- Parties
- Dancing
- Play Musical Instruments



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# Crossword Puzzles

My Wild Irish _____	ROSE
The Yellow Rose of ____	TEXAS
Let Me Call You _____	SWEETHEART
Five Foot ____ Eyes of Blue	TWO
Rockabye Baby in the _____	TREETOP
Oh Where, Oh Where has my _____ Dog Gone	LITTLE
If You're _____ and you know it...	HAPPY
When the red, red _____ comes	ROBIN



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## Teepa's Rules

1. **Music** at least TWICE a DAY
2. Something **Productive** for each Sapphire, Diamond, Emerald, Amber & Ruby resident
3. **Play** *with* people – keep it adult - watch for cues
4. Smooth out **Transitions** -
5. If they can DO something **support their doing**,
6. Encourage helping and ALWAYS say **THANK YOU**
7. **Respect** space preferences – introverts/extroverts
8. Match **Sensory** Experience to Preferences
  1. Sight, sound, smell, touch, taste



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# I Will Change!

By Teepa Snow



*To the tune of This Little Light of Mine*

This little light of mine  
I'm gonna let it shine  
This little light of mine  
I'm gonna let it shine  
This little light of mine  
I'm gonna let it shine  
let it shine, let it shine, let it shine



# I Will Change!



I am gonna meet and greet  
Before I start to treat  
I am gonna meet and greet  
Before I check your feet  
I am gonna meet and greet  
Before I help you eat  
How I start sets us up to succeed.



# I Will Change!



No more just "Gettin' it Done"  
I'm gonna Do with YOU  
No more just "Getting' it Done"  
I am gonna help you thru  
No more just "Getting' it Done"  
We're gonna work, we two  
Cause if I do it all, we BOTH LOSE!



# I Will Change!



I'm gonna laugh and dance with you  
Not just watch and frown  
I'm gonna laugh and dance with you  
Not just stand around  
I'm gonna laugh and dance with you  
We'll really go to town  
For the POWER of joy I have found!



*Changing the  
Culture of Dementia Care  
One Mind at a Time*

teepasnow.com  
**TeepaSNOW**  
Positive Approach to Brain Change™

**GEMS**<sup>™</sup>  
Dementia **Aware**  
Dementia **Knowledgeable**  
Dementia **Skilled**  
Dementia **Competent**

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