

CBC Surveyor “Tips” series

# Activities and Individualized Activity Plans

# Learning Objectives

- At the conclusion of this presentation you will be able to:
- Understand the OARs related to activities (C242) in ALFs and RCFs and individualized activity plans (Z164) in MCCs;
- Understand how survey reviews activities and activity plans to determine compliance; and
- Understand ways your facility can ensure it is compliant with the rules.

# Common Deficiencies

- Survey tends to find deficiencies in the following areas:
  - The facility is not providing a daily program of social and recreational activities.
  - The activities aren't based on resident or group interests or needs.
  - In a Memory Care Community, there isn't an adequate evaluation of the resident's abilities, limitations and adaptations or there is no specific plan for how the facility will provide activities for the resident.

# 411-054-0030(1)(c)

- “(1) The residential care or assisted living facility must provide a minimum scope of services as follows:
- (c) A daily program of social and recreational activities that are based upon individual and group interests, physical, mental, and psychosocial needs, and creates opportunities for active participation in the community at large;
- (d) Equipment, supplies and space to meet individual and group activity needs.”

# What Survey Looks For

- First, survey will review the activity calendar:
  - Do there appear to be a variety of activities being offered?
  - Are activities offered every day?
  - What activities are scheduled on the weekend?
  - What activities are scheduled for today?

# What Survey Looks For

- Next, survey will make observations:
  - Are the activities being offered as scheduled?
  - Who is supervising or leading the activities?
  - How many residents are participating?
  - Are there residents who aren't joining any activities?  
What is the facility offering these folks?

# What Survey Looks For

- Then, survey will start to review individual service plans:
  - Does the service plan include accurate and useful information about the resident's leisure interests?
  - Is there a plan for how the facility can meet these interests?

# What Survey Looks For

- Finally, survey will conduct interviews:
  - Survey will interview the resident and, sometimes, the resident's family for input on the activities offered by the facility?
    - Does the service plan reflect the resident's interests?
    - Are activities being offered that meet the resident's interests?
    - Are there other activities the resident would like the facility to offer?



# What Survey Looks For

- Finally, survey will conduct interviews:
  - In most ALFs and larger RCFs, survey will conduct a group interview. During the group, survey will gather input from residents about the activities offered by the facility.
    - Are there enough activities offered?
    - Are there activities offered that are of interest to the men, as well as the women?
    - Are activities ever cancelled? How often?
    - Can residents offer ideas for future activities? Are these ideas at least considered?
    - Are there activities offered on the weekends?

# Determining Compliance

- Survey understands that in most ALFs and RCFs, residents are fairly independent and can generally choose whether they want to participate in activities or not. This is a resident's right.
- So survey expects just a few basic things of a facility...

# A Few Basic Things

- Document the resident's interests and preferences in his/her service plan.
  - If the resident likes a certain activity and can get to the activity independently, note that.
  - If the resident likes to participate in certain activities but needs reminders or an escort, note that.
  - If the resident prefers to watch TV in his/her room and has always been content to spend time alone, note that.

# A Few Basic Things

- Develop an activity calendar based on what the residents want, not what is easy to offer.
- The facility should have a simple process for identifying what residents are interested in.
  - Is the information gathered about a resident at admission communicated to the activity person?
  - Does the facility ask for ideas during Resident Council meetings?
  - Can a resident request an activity?

# A Few Basic Things

- Ensure the activities are happening as scheduled.
- There is nothing more frustrating to any of us than when we expect something – we look forward to it – and the event is cancelled.
  - Ensure the facility has a back-up plan in case the designated activity leader is unavailable or transportation is interrupted.
  - If direct care staff are responsible to lead the activity, ensure they are prepared and willing to lead the activity.

# Activities in MCCs

- Many residents residing in a Memory Care Community are starting to lose, or may have lost, the capacity to initiate or participate in activities independently.
- The Rules for Memory Care Communities – 411-057-0160 - address this issue.
- The Rule expects a more thorough evaluation and a more individualized service plan.

# OAR 411-057-0160(d)

This is pretty much what C243 says, too.



- “Meaningful activities that promote or help sustain the physical and emotional well-being of residents. The activities must be person directed and available during residents’ waking hours.”



This has implications.

# Evaluation

- “(A) Each resident must be evaluated for activities according to the licensing rules of the facility. In addition, the evaluation must address the following:
  - (i) Past and current interests;
  - (ii) Current abilities and skills;
  - (iii) Emotional and social needs and patterns;
  - (iv) Physical abilities and limitations;
  - (v) Adaptations necessary for the resident to participate; and
  - (vi) Identification of activities for behavioral interventions.



# Evaluation

- Past and current interests
  - Hobbies
  - Line of work
  - Religious activities
  - Social activities
  - Community involvement/volunteerism
  - Family connections

# Evaluation

- Current abilities and skills
- Given the resident's current level of functioning, what skills and abilities does s/he possess and how do these equate with activity interests.
  - Attention span.
  - Ability to focus on a task.
  - Ability to understand the rules of particular games.
  - Ability to follow verbal instruction, written instruction, demonstration.
  - Movement needs.
  - Ability to function in a group vs one-on-one.

# Evaluation

- Emotional and social needs and patterns
  - Preferences and capacity for group settings vs solitary time.
  - Interest in interacting with others – residents and staff.
  - Levels of functioning throughout the day – is the resident more alert and active at certain times of the day (or night).
  - Triggers for emotional escalation.

# Evaluation

- Physical abilities and limitations
  - Hearing, vision
  - Ability to communicate
  - Mobility
  - Physical coordination
  - Dexterity
  - Strength
  - Endurance

# Evaluation

- Adaptations necessary for the resident to participate
  - Group setting vs one-on-one
  - Escort to / reminders of activities
  - Time of day
  - Visual enhancements
  - Auditory enhancements
  - Adaptations of rules for games
  - Duration of activity
  - Adaptive equipment
  - One-on-one assistance during a group activity

# Evaluation

- Identification of activities for behavioral interventions
- These are often activities that can distract or refocus a resident who is becoming escalated.
- Ideally, though, they would be activities that would be provided even before a resident becomes agitated.
  - For example, if the resident demonstrates a pattern of waking at 2:00 am and becoming escalated if staff won't spend time with him/her, the facility could prepare activities the staff could offer the resident immediately upon waking.

# Evaluation tips

- How the facility chooses to document the information gathered from the evaluation process is up to the facility.
- Survey often sees some type of “activity profile” that is filled out by the family. Generally, this tool doesn’t capture all the required evaluation areas. The facility needs to ensure a thorough evaluation is completed – if not by the family, then by someone who is adequately trained to conduct the evaluation.

# Individualized Activity Plan

- “(B) An individualized activity plan must be developed for each resident based on their activity evaluation. The plan must reflect the resident’s activity preferences and needs.”
- This is the most common deficiency cited regarding activities.
- Though a service plan may have information about the resident’s activity interests that meets the rule to some degree, survey rarely sees an adequate example of an Individualized Activity Plan.



# What is a Plan?

- Let's look at some definitions:
  - "a detailed proposal for doing or achieving something"
  - "a method for achieving an end"
  - "a procedure"
  - "a course of action"
- A plan explains what needs to be done, when, how, how often and by whom.

# What Are You Going To Do About It?

- The evaluation gathers information about a resident's interests, abilities and support needs.
- The Activity Plan tells staff what we are going to do with that information.

# Activity Plan

- The evaluation tells us the resident enjoys gardening, is able to function in a group setting, enjoys doing activities with others and cannot understand how to plant seeds or seedlings.
- The plan might be to offer a gardening group for the resident (and others) a couple times per week. Staff will either need to sit with the resident and show him/her how to plant seeds or seedlings, or artificial flowers could be provided for the resident to “plant.”

# Activity Plan

- Note that if the evaluation indicated the resident did not function well in a group setting, the plan would have to be adapted to provide a gardening activity in a one-on-one setting.
- Let's look at another example....

# Activity Plan

- The evaluation tells us the resident was married for 40 years, raised 3 children, was a homemaker who never really worked out of the house, but who volunteered at the library reading to kids or just helping put books away. The resident had a few friends didn't really socialize a lot – to her, family was everything. Since admission, she's been very interested in what staff do around the unit and often asks if they need any help.

What's your plan?

# Activity Plan

- The plan might be to set up some “household chores” for this resident every day that could mimic tasks she performed at home.
- Because they might be familiar tasks she had done throughout her life, there’s a better chance she would still be able to perform them successfully now.
- Having routines helps a person function more independently.
- Being helpful on the unit may help her feel useful and give her a sense of satisfaction and happiness.

# Wait – chores???

- Some of us might question whether it is appropriate and permitted to give a resident chores to do on the unit.
- “Aren’t staff supposed to be taking care of things on the unit?”
- Let’s look at the rest of the Rule...



# Activities

- “(C) A selection of daily structured and non-structured activities must be provided and included on the resident’s activity service or care plan as appropriate. Daily activity options based on resident evaluation may include but are not limited to:”
- The key here is the phrase “...based on resident evaluation...”
- If you’ve legitimately evaluated it, plan it.

# Activities

- (i) Occupation or chore related tasks;
  - (ii) Scheduled and planned events (e.g. entertainment, outings);
  - (iii) Spontaneous activities for enjoyment or those that may help diffuse a behavior;
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- See – the Rule says you can provide chores for a resident such as folding, cleaning tables, vacuuming, sweeping – always dependent on physical abilities and safety.

# Activities

- (iv) One to one activities that encourage positive relationships between residents and staff (e.g. life story, reminiscing, music);
- Activities which encourage, support, maintain or teach the development of relationships between residents in a MCC is probably the most neglected area of a facility's activity program. Why do you think that is?

# Activities

- (v) Spiritual, creative, and intellectual activities;
  - (vi) Sensory stimulation activities;
  - (vii) Physical activities that enhance or maintain a resident's ability to ambulate or move; and
  - (viii) Outdoor activities.
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- Generally, facilities offer these types of activities. However, since they are typically offered in group settings, some residents are left out and don't benefit from the experience.

# Meeting The Rule

- As mentioned earlier, survey will:
  - Make observations of activities happening on the unit; and
  - Note residents who can participate in the activities easily and residents who need a lot more assistance.

# Meeting The Rule

- Survey will then review records for:
  - A thorough evaluation that addresses items noted in the Rule.
  - An activity plan that reflects the information in the evaluation and that includes pretty clear instructions as to what activities are to be provided to the resident, by whom, how often and how the activity should be presented.
  - Note: the facility can, but is not required to, have a separate Activity Plan to meet the rule. The plan can be included in the resident's service plan.

Thanks for your attention and  
participation!