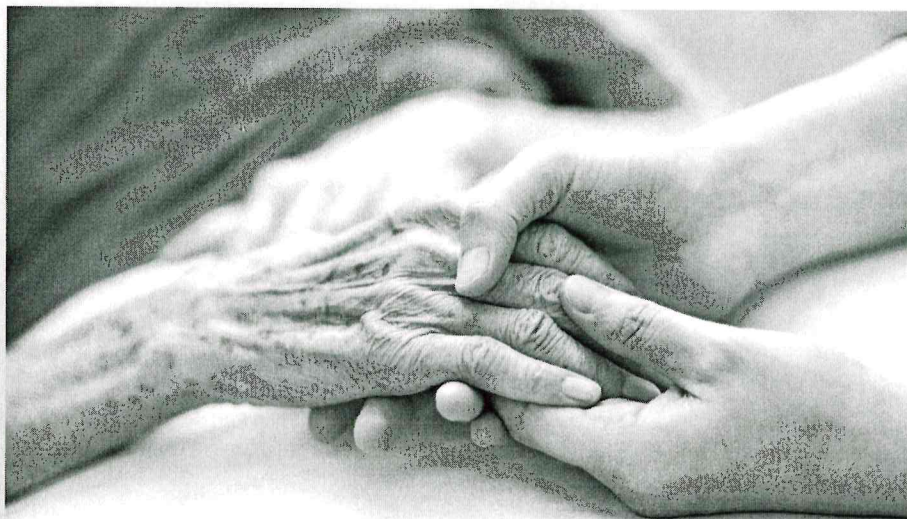


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## **REIMAGINING LONG-TERM CARE:** RESIDENT WELLNESS PROGRAM PILOT

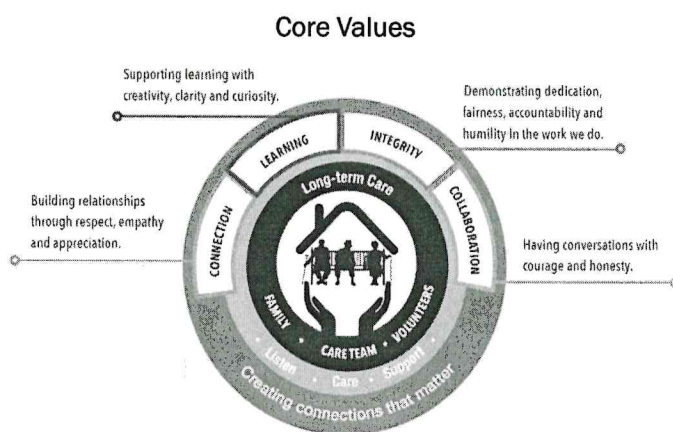


JAE YON JONES  
2025



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## PHILOSOPHY OF CARE: LONG-TERM CARE RESIDENT AND FAMILY CENTRED CARE



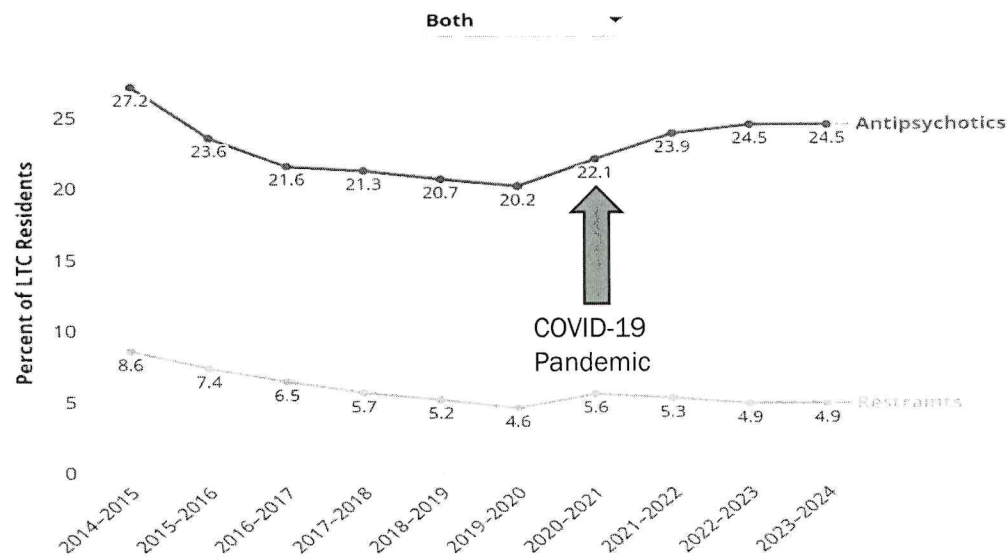
### **Vision:**

Making every moment matter for each person

### **Mission:**

A vibrant and innovative long-term care community that nurtures and inspires hope, choice and meaning

## Restraint and Antipsychotic Use, Canada



Data source: Canadian Institute for Health Information (CIHI), based on the indicators "restraint use in long-term care" and "potentially inappropriate use of antipsychotics in long-term care." Data was collected by LTC homes using the Resident Assessment Instrument–Minimum Data Set 2.0 (RAI-MDS 2.0) or the interRAI Long-Term Care Facilities (interRAI LTCF) assessment instrument and risk-adjusted by CIHI. <https://www.cihi.ca/en/indicators/restraint-use-in-long-term-care>. <https://www.cihi.ca/en/indicators/potentially-inappropriate-use-of-antipsychotics-in-long-term-care>

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## APPROPRIATE USE OF ANTIPSYCHOTICS

- Promote resident and family centred care to improve resident quality of life – changing culture of practice
- Support integration of **non-pharmacological** interventions using the PIECES™ approach to address the behavioural and psychological symptoms of dementia (BPSD)
- Practical application and knowledge translation of the PIECES™ approach through peer mentorship of Health Care Aides (**Care Coach Program**) and enhance care team collaboration



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## DAY IN THE LIFE OF A CARE COACH

Supernumerary  
Shifts  
As a Peer Mentor

PIECES and  
Care Coach  
Approach

Cottage  
Huddles

Care conferences  
Weekly plan of Care  
meetings

Walks, talks, snacks,  
drinks, reminiscing,  
visits

Supportive role:  
Resident  
Care Team  
Families



## APPROPRIATE USE OF ANTIPSYCHOTICS INITIATIVE (2023)

18 Homes participated!

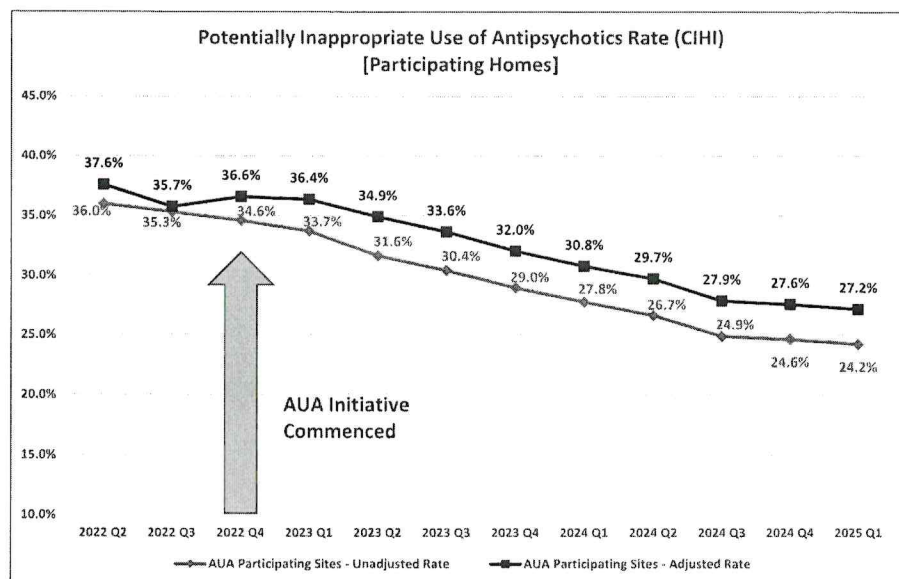
### Affiliates: 8 homes

- PPSL: Oyster Harbour, Wexford Creek
- WCSHM: Selkirk
- Sunset Lodge
- Trillium: Acacia Ty Mawr
- Kiwanis Village Lodge
- Echo Village (RAI) & Fir Park (RAI)

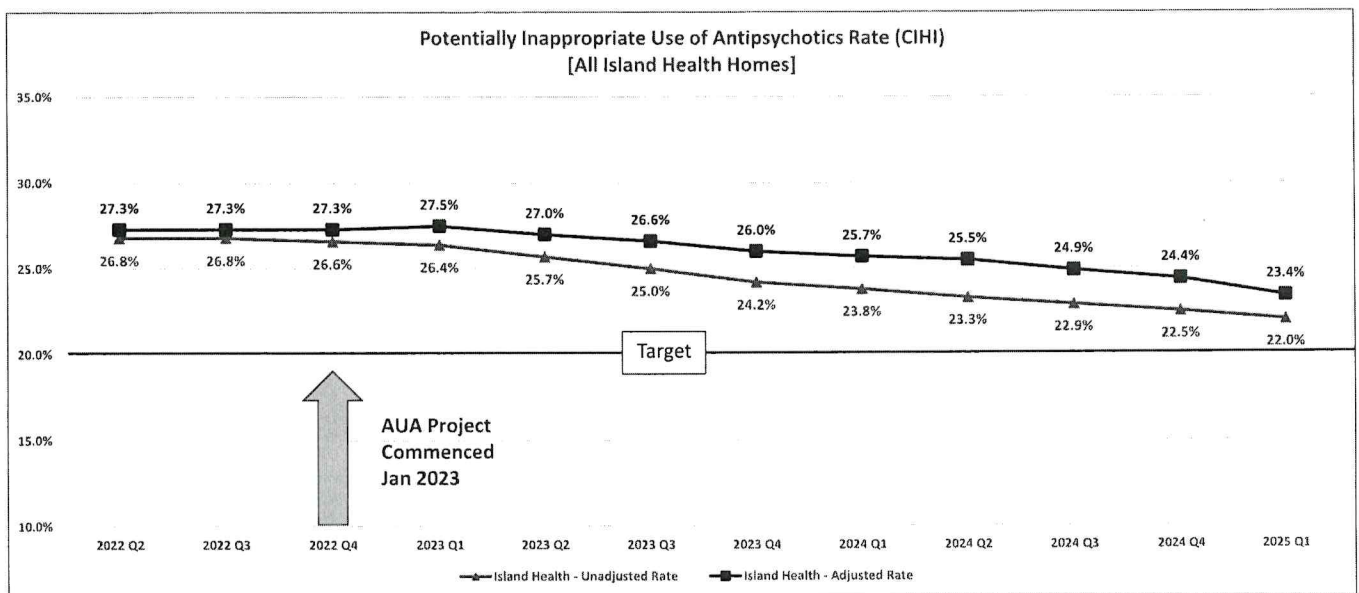
### Owned and Operated: 10 homes

- North: Yucalta Lodge, Cumberland Lodge (RAI)
- Centre: Eagle Park Lodge, Trillium Lodge, Westhaven
- South: Aberdeen, Gorge, Summit, Priory (RAI), Lady Minto (RAI)

## LONGITUDINAL VIEW CANADIAN INSTITUTE OF HEALTH INFORMATION (CIHI)



## LONGITUDINAL VIEW CANADIAN INSTITUTE OF HEALTH INFORMATION (CIHI)



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## **RESIDENT WELLNESS PROGRAM– BUILDING THE PLAN**

### **Why?**

- Residents are languishing in the evenings
- Support for residents who live with dementia with behavioural and psychological symptoms

### **What?**

- Evening Activity Program

### **How?**

- Interprofessional Team including Care Coach
- Temporary one year Activity Worker position
  - Monday to Friday: 12:00pm – 8:00pm
- Map out the program – surveys, activity planning, equipment purchases, number of residents



## WHAT MATTERED TO RESIDENTS/FAMILIES AND CARE TEAMS?

Residents told us which activities are their favourites\*



Being outdoors (90%), music (88%) and pets (81%)

\*Families would like to see more community outings. Staff indicated that exercise is valuable.



Staff, residents and families would like more variety in activities timing, including evenings, weekends and long weekends.

About 2/3rds of residents would like to try new technology



### Staff shared feedback on how we can *Make Every Moment Matter for Each Person*

- **Recreation needs more support** Care staff wish they had time for 1:1 companionship
- **Education and training** For care staff on PIECES principles
- **Homestead needs special focus** More options, including lower stimulation
- **Diversify activities** So there are options for each resident's individual needs
- **Higher staffing levels** Especially for evenings, mealtimes and bath/shower assistance

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## DAY IN THE LIFE OF AN EVENING ACTIVITY WORKER

Monday to Friday  
12:00 pm to  
8:00 pm

Resident  
centred and  
directed  
activities

Check in  
with  
residents

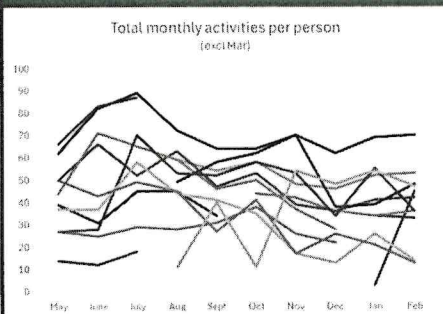
Check in with care team  
for any changes to  
observe

Walks, talks,  
games/puzzles, arts  
and crafts, baking  
reminiscing, visits

Individual and  
group activities

## DATA SUMMARY OF ACTIVITIES

- May 2024 to March 2025
- 10-11 residents active each month
- Total of 16 residents
- Monthly 12-23 unique activities
- Daily 4-5 different activity options
- Average of 26.11 unique points of contact with residents daily



Can you count all 16 people?

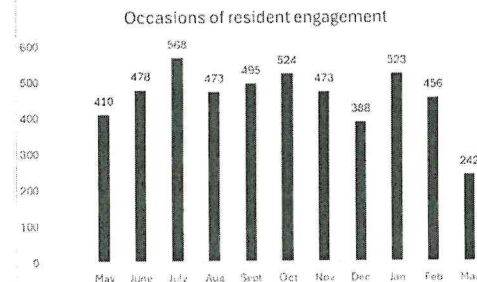
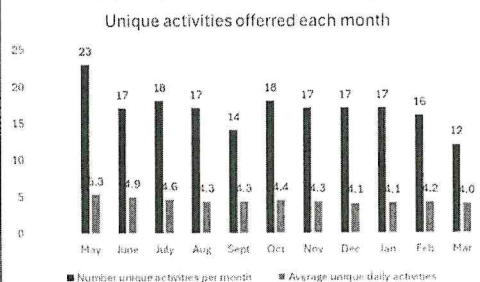
## TYPES OF ACTIVITIES

Activities offered most often:

- 1:1s
- Music
- Walks
- Reading
- Sports games

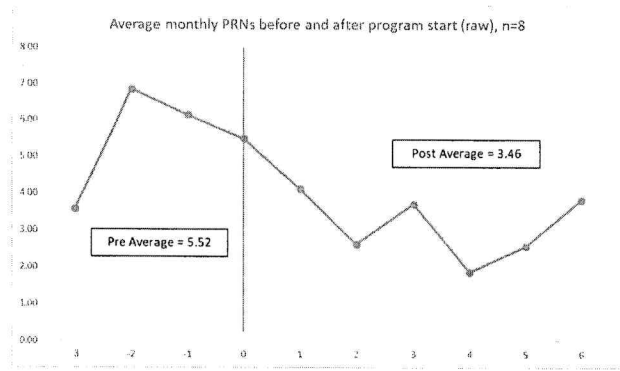
Typical day's schedule:

- 12:30: Board game
- 1:00: Music/sing-along
- 3:00: Gardening
- 6:00: Ladder Ball
- Ongoing: 1:1s

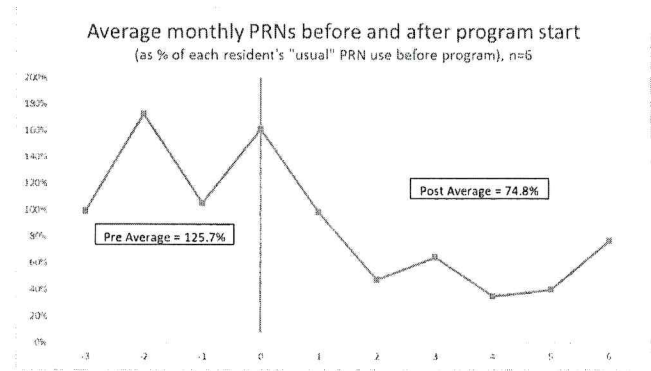


## MEDICATION USE OF ANTIPSYCHOTICS

Number of Antipsychotic PRNs

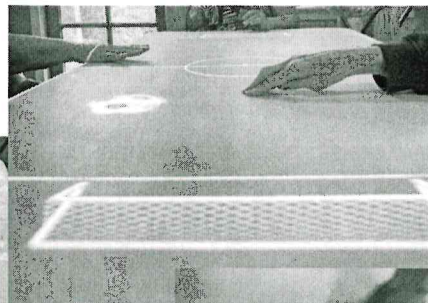
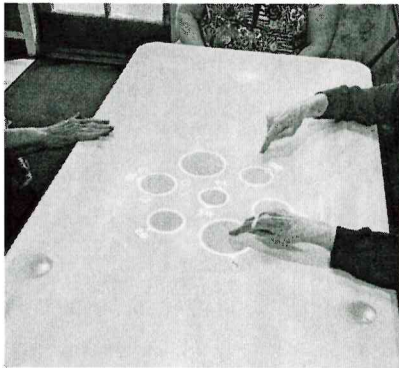


Rate of Antipsychotic PRNs



Note. Month 0 (green line) indicates the time the program started

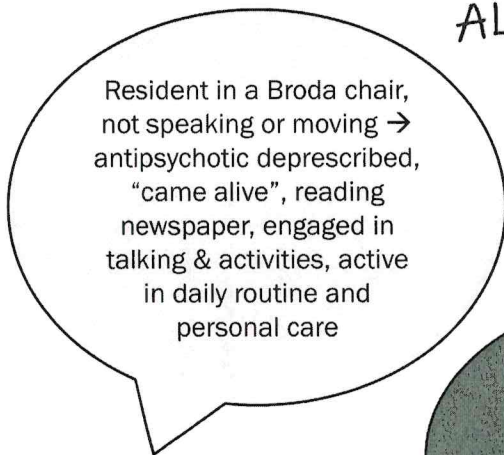
## TECHNOLOGY AND INNOVATION





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## TESTIMONIES



ALIVE

JOY

CALMING

COMMUNITY



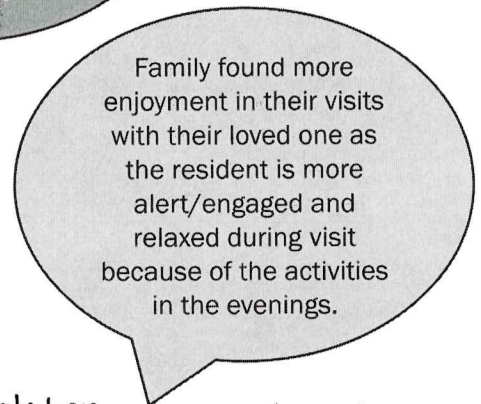
Love

Laughter



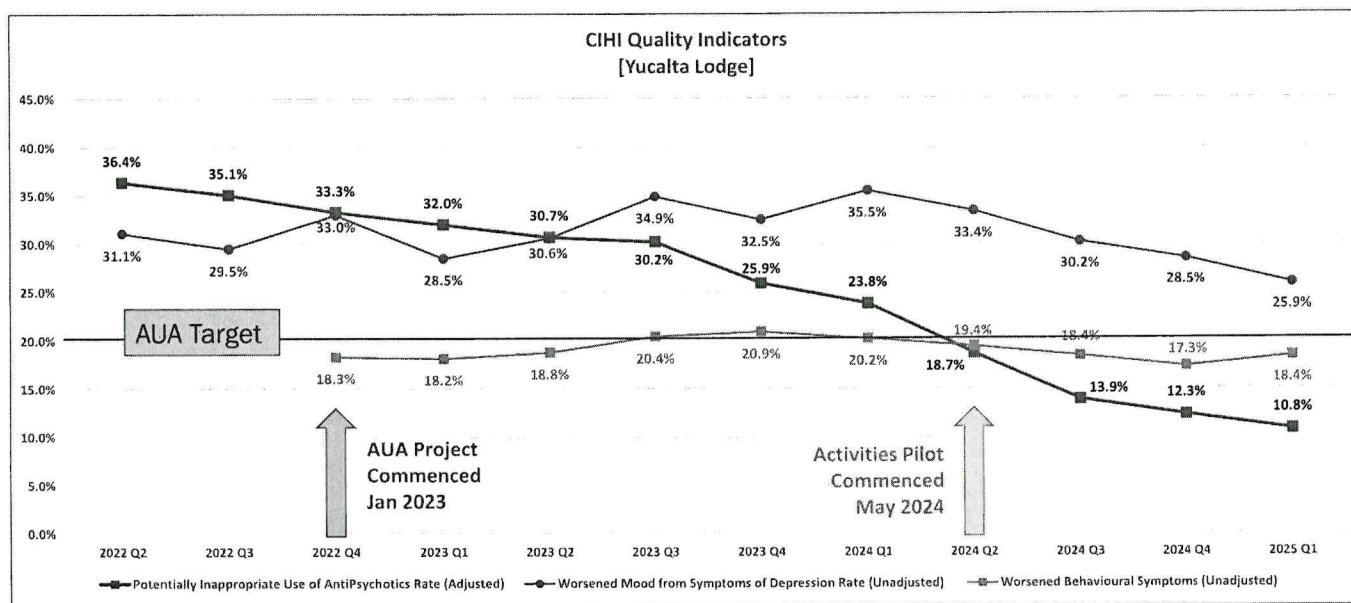
HAPPY

Relaxed



Meaning

## LONGITUDINAL VIEW CANADIAN INSTITUTE OF HEALTH INFORMATION (CIHI)



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## **SUSTAINMENT OF THE CULTURE SHIFT AND HARD WORK!**

- **Site Leadership** – engaged site leaders set the culture of any quality improvement work
- **Regional infrastructure** – quality resources/project coordination and data collection
- **Investment in the workforce** – education, supporting programming with appropriate resources including equipment
- **Peer champions** – motivated team members who are respected by their peers and willing to be innovative and work
- **Community and connection** – involve staff, capable residents, their families and volunteers!