



MINNESOTA GERONTOLOGICAL SOCIETY

FREE WEBINAR
March 10, 2021
12:00 - 1:00 pm

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Therapeutic Activities for Older Adults: Lessons Learned From a Global Pandemic

By: Pamela Hayle, ACC. SFPT
Director of Safety and Quality Support - Cassia Care

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Therapeutic Activities for Older Adults: Lessons Learned From a Global Pandemic Minnesota Gerontological Society – March 10, 2021

Presented by Pamela Hayle, ACC. SFPT
Director of Safety and Quality Support ~ Cassia Care

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Timeline of a Disaster

December 2019 – March 2021

The virus has sickened over 80 million people. Over 1.7 million people have died. The virus has spread to nearly every country derailing the global economy. The World Health Organization has declared the situation a global pandemic

Published in The New York Times – January 2021

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Audience Poll

What phase of the pandemic do you feel like you are currently experiencing?

- A. Little change still very challenging
- B. Feeling some Improvement
- C. Getting closer to a Recovery mode – Ready to Pivot

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Session Objectives

1. Discuss key challenges to the provision of Activity Services during the Covid-19 Pandemic
2. Understand how Covid restrictions have affected meaningful activities and social engagement in both negative and positive ways
3. Implement practice adaptations from pandemic learnings
4. Create Activity Services Recovery Plans and practice improvement for the future

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And the survey said....

What has been your most difficult struggle in providing activity services during the pandemic?

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And the survey said....

What did you feel residents / clients sacrificed or suffered most with during the pandemic?

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And the survey said....

What did you change in your service delivery of Therapeutic programs and services?

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And the survey said....

What one thing will definitely be in your “New Normal”?

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- **Therapeutic Activity Practitioners – Changing our Thinking**

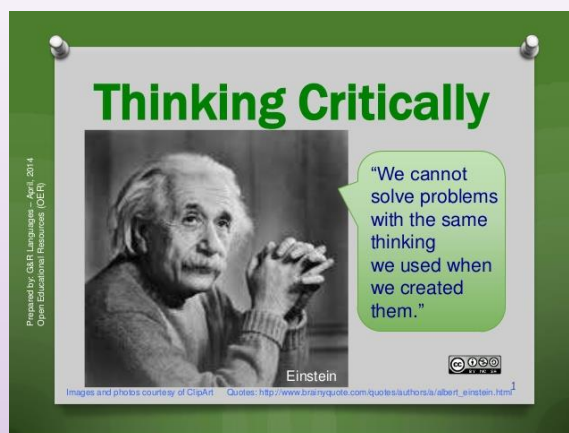
- **Creativity was put to the test**

- **From exhaustion to inspiration**

- **Transition Time – What will be the “New Normal”**

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- **Lessons learned from the pandemic translate to Lessons about meaning**
 - **Engagement with Life**
 - **Practicing Ikigai**
 - **Nursing Home Plagues**
- **Conversations Improve Outcome**

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Audience Poll

Do you have Ikigai in your life?

- A. No
- B. Sometimes
- C. Yes
- D. Not in the last year

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Meaningful Activity Programming

What did we Learn? How did it change?

Making the conversation easier

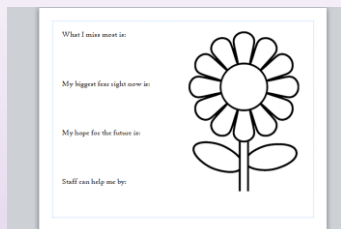
Recognizing loss identifying emotions and feelings

Loss and Hope Picture Boards – 4 simple questions

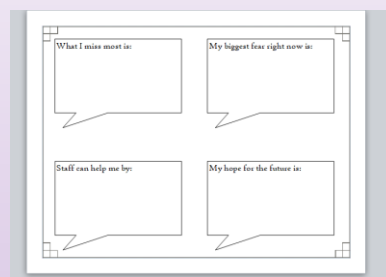
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Loss and Hope Picture Board Activity



- What I miss most?
- My biggest fear right now?
- Staff can help me by?
- My HOPE for the Future is?



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Why is this so Important?

RECENT DATA:

Older Adults 75-85+ - Represent 7.2% of Covid cases

Older Adults 75-85+ - Represent 58.8% of Covid deaths

- Suicidal desire in older adults has been increased in the wake of the pandemic marked by feelings of thwarted belongingness and perceived burdensomeness
- This deepens my awareness of the importance of creating meaning in the care and services for the moment and the future

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Older Adults and Re-engagement

engAGED – Best Practices for Helping Older Adults Stay Socially Engaged

- AASC Feeds the Pets
- Helping Neighbors Initiative
- Weaving Hearts Intergenerational Program

www.engagingolderadults.org

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Audience Poll

Pivoting to the New Normal I need the most help with?

- A. Bringing back volunteers to our community
- B. Staff engagement
- C. Increasing family visitation and outside connections
- D. Resources and Technology

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Recovery Plans

1. Perfect and Embrace Technology
2. Incorporate Meaningful conversations into Practice Modalities
3. Be an Infection Control Expert
4. Be Prepared for Roadblocks
5. Enjoy the Successes!

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Thank You for your Work and Thank you for Today



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Questions or Comments:

contact info@mngero.org

Next Webinar: April 15, Noon - 1:00 pm

Older Adults, Homelessness, and COVID-19: Facts and Response

Panel Presentation by Wilder Research and Catholic Charities of St.
Paul & Minneapolis

MGS 45th Annual Conference: April 29-30, 2021