

The Bored Grandmother

Activities Case

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Presentation

- Mrs. B is an 81-year-old demented female resident of the nursing home
- She routinely sleeps through the day, whether in her wheelchair or in bed
- The family is alarmed that she “has nothing to do” and makes many complaints to the administration

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Medical History

- Heart disease
- History of bypass surgery
- Hypothyroidism
- Constipation
- Osteoporosis
- High blood pressure
- Arthritis
- Seasonal allergies
- Vitamin B12 deficiency
- Vitamin D deficiency

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Medications

- Metoprolol
- Lisinopril
- Synthroid
- Coumadin
- B12 monthly
- Vitamin D and calcium
- Allegra
- Tylenol and Ultram

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Schedule

- Up at 6:30am
 - Dressed, breakfast
- Back to bed at 9am for a nap
- Up between 10am and lunch; often not in activities
 - Back to bed after lunch
- Late afternoon up in common/dining area
 - May attend a large group activity with music
 - Gets frustrated with some activities as they are “too hard”
- Eats dinner, usually to bed by 8pm if family not able to visit
 - Even less active on the weekends as few formal activities are scheduled

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Engagement

- Activity therapy gets progressive
 - Inservices to encourage all employees to be involved in resident activities
 - Stress activity participation lessens behavioral problems, improves quality of life
 - Activities scheduled for large and small groups and even individually
 - Interest and cognition assessed in all residents
 - A variety of activities are provided for on the various units
 - Helps especially during the weekends and in the evenings and overnight

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The Plan for Mrs. B

- **Moderate dementia**
 - Historical interests
 - Keeping up with current events
 - Travelling
 - Knitting
 - Had two cats
 - Current interests
 - Minimal involvement in usual offerings (Bingo, e.g.)
 - Still likes crafts, pets
 - Reminices about past travels
 - Watches TV news sometimes

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The Plan for Mrs. B

- **Carrying out the plan**
 - Small group craft activity
 - Few residents so more help by staff with projects
 - Helped make activity aprons for other residents
 - Pets
 - Helps administrative staff feed and groom the facility cats
 - Helps the pet therapy volunteers when they visit in the evening

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The Plan for Mrs. B

- **Carrying out the plan**
 - Twice weekly morning group to discuss past travel
 - Photographs presented, brief films viewed to start discussion
 - Families brought in souvenirs of resident travels
- **Daily afternoon group to discuss current events**
 - News periodicals for young people employed due to being brief, easy to understand
 - Provokes review of events long ago that were similar (stock market plunge recently and the Depression)

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The Plan for Mrs. B

- **Project, activity list for each resident left on the chart, MAR**
 - Allow for any staff member, at any time to engage the resident with a fun, non-frustrating activity
- **Less time asleep during the daytime**
 - More job satisfaction from the caregivers
 - Family happier about her care

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Ongoing Planning

- An activity meeting held twice monthly
 - Involves formal activity therapists, CNAs, nurses, OT and PT
 - Discuss residents whose activity plans are no longer useful or need changes
 - Able to modify activity as progression of cognitive and physical decline occurs
 - Communication with family, DPOA and guardians to discuss changes, akin to changes with medical treatment plan