

# Beyond the Basics

*Advanced Activities and Social Service Training*

Catherine R. Selman, BS, ACC, *Presenter*

February 24-25, 2010

## The Seattle Airport Marriott Hotel

3201 South 176<sup>th</sup> Street  
Seattle, Washington 98188  
Telephone (206) 241-2000

**Parking: \$6.00** (not included with registration)

Our activities and recreation professionals and social workers have asked for training that goes "beyond the basics." As a direct result to this request, we have brought in one of the most well-known authorities in the activity and social work field in long term care, Catherine R. "Cat" Selman, BS, ACC.

Cat has been part of the regulatory and survey process since 1989 when she assisted CMS (known as HCFA at that time) in the development of surveyor guidance for OBRA. A seasoned practitioner, she has served on numerous CMS Expert Panels revising interpretive guidance and assisting in the development of surveyor training materials during the past 20 years. More recently she assisted in the language revisions for the Quality of Life Tags that became effective this past year.

This two-day training will focus on Quality of Life and our role in the provision of those services to our elders. This is one training you do NOT want to miss!

### Advanced Activities: Day One

This session is intended for activities professionals—both facility and corporate staff, care planners, nursing directors, administrators and executive directors for assisted living and skilled nursing facilities.

### Advanced Social Services: Day Two

This session is intended for social services professionals—both facility and corporate staff, nursing directors, administrators and executive directors in skilled nursing facilities.

### Continuing Education

Each day is approved for seven (7) continuing education units certified by the Washington State Board of Nursing Home Administrators.

Register online at  
[www.whcaonline.com](http://www.whcaonline.com).

## The Presenter



Ms. Selman, a featured speaker at AHCA, AAHSA, and numerous state association conferences, has provided educational offerings/presentations in all 50 states. Ms. Selman received her BS Degree from Trevecca University in Nashville, TN, and has completed graduate work at

the University of Southern Mississippi. She currently provides educator and consultant services to nursing facilities, corporations, & professional membership associations, as well as federal and state survey agencies throughout the nation. Cat is a qualified Social Worker & Certified Activity Consultant with over 30 years experience in the healthcare industry. Before founding The Healthcare Communicators, Inc. in 1988, she served as a Corporate Activities and Social Work Consultant for 101 nursing homes in seven states.

Ms. Selman was a member of the CMS expert panel that developed the new surveyor guidelines for activities and quality of life requirements. Since 1989, she has served on numerous CMS Expert Panels, assisting in the development of surveyor training materials for new guidance affecting activities, quality of life, and psychosocial aspects of the survey process.

Ms. Selman presently shares the position of Founding Director for the Quality of Life Alliance, a non-profit organization dedicated to creating environments for growth and leadership in order to address quality of life issues for the aging.

## Pricing

	<i>WHCA Member</i>	<i>Non-Member</i>
Day One Only	\$99	\$198
Day Two Only	\$99	\$198
Both Days	\$169	\$338

## Registration must be done online at

[www.whcaonline.com](http://www.whcaonline.com).

Registration fee includes admission to workshop on appropriate day or days, morning refreshments, lunch, afternoon snacks, handout materials and up to 14 continuing education units. Registration does not include parking or overnight accommodations.

## Cancellation Policy

Cancellations received in writing on or before February 18, 2010, will be subject to a \$25 cancellation fee per registered attendee. Cancellations received after that will not be eligible for any refund.



**Washington Health Care Association**

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Tel (800) 562-6170 ■ [www.whca.org](http://www.whca.org)

## Day One—February 24, 2010

*Advanced Activities Training* will address issues that have become the focus of surveyors and licensors (assessment, care planning, person-centered care, 1-1 programming), as well as guidance and techniques for challenging behavior. The first afternoon will conclude with suggestions on maintaining your professionalism with management, co-workers, and surveyors, as well as suggestions for staying motivated and enthused for the role that you play in an elder's life.

7:30 a.m. Registration

8:00 a.m. Person Centered Care

- Going beyond the basic activity assessment
- Individualized care planning that makes sense
- Problems vs. needs, interests and preferences
- Activity Care Plans: What is required?

9:30 a.m. Break

9:45 a.m. Continuation of Person Centered Care

- Resident Choices
- 1-1 Programming: What is it?
- Documentation of 1-1 Programming
- Responsibilities of Staff

11:00 a.m. Break

11:15 a.m. Responding to Challenging Behavior

- The team approach
- Addressing behavior on the service/care plan
- Licensor/Surveyor focus during inspection and survey

12:15 p.m. Lunch

1:00 p.m. Continuation of Responding to Challenging Behavior

- Activity Interventions
- Pain guidance for activities

2:15 p.m. Break

2:30 p.m. The Art of Being Professional

- Characteristics of professionalism
- Dealing with administration and management
- Dealing with licensors/surveyors

3:45 p.m. Break

4:00 p.m. Are You Fired Up...or Burnt Out?

5:00 p.m. Workshop Concludes

### **Objectives:**

At the end of this training program, participants will be able to:

- Describe the components of person-centered care as it relates to activity assessment and care planning.
- Define the components of one-to-one programming.
- Describe successful activity interventions that may be utilized when responding to challenging behavior.
- Describe the characteristics of professionalism.
- Utilize coping skills to manage stress appropriately.

## Day Two—February 25, 2010

*Advanced Social Services Training* will also address areas that surveyors are reviewing more closely. How do you assist a resident in "maintaining or attaining their highest practicable psychosocial well-being?" And exactly how do the surveyors determine compliance or noncompliance in this area? And how can our documentation and delivery of services help? Cat will provide specific guidance and answers to these questions and more! She will continue the day with common sense approaches for end of life care – an area that is receiving much attention during the survey process.

7:30 a.m. Registration

8:00 a.m. Care Planning for Psychosocial Well-Being

- CMS Federal Requirements
- Formulating the plan
- Components of the plan
- Medically-related social needs
- Review and Update

9:30 a.m. Break

9:45 a.m. Defensive Documentation

- Dos and Don'ts
- Words and phrases to avoid
- Documentation of specific events

11:00 a.m. Break

11:15 a.m. What Do I Say?—The Common Sense Approach to End of Life Care

- Factors impacting an elder's care
- The facts and basics of death and dying
- Palliative care and the social worker

12:15 p.m. Lunch

1:00 p.m. Regulatory Update

- CMS Guidance
- Changes in Survey Focus

2:15 p.m. Break

2:30 p.m. Continuation of Regulatory Update

3:45 p.m. Break

4:00 p.m. The 11 Things You Can Control Every Day in Your Life

5:00 p.m. Workshop Concludes

### **Objectives:**

At the end of this training program, participants will be able to:

- Define the term "psychosocial well-being" as mandated by CMS.
- Identify necessary criteria for defensive documentation in progress notes and summaries.
- Describe the eleven federal regulations that contain newly revised surveyor guidance regarding quality of life.
- Define the 11 "life areas" that can be controlled each day.