Surveying Activities
New Guidance and Requirements

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Washington Health Care Association
What We Will Cover in this Training

- State and Federal Requirements of an ongoing activity program
- Guidance to meet the State and Federal Requirements
- What Surveyors look for in an Activity Program
- Best Practices for an Activity Program
<table>
<thead>
<tr>
<th>State Regulation</th>
<th>Federal Regulation</th>
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<tbody>
<tr>
<td><strong>WAC 388-97-0940</strong></td>
<td><strong>483.15(f)(1)/ F248</strong></td>
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<td>The nursing home must:</td>
<td>The facility must:</td>
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<td>Provide for an ongoing program of activities designed to meet, in accordance with the comprehensive assessment, the interests and the physical, mental, and psychosocial well-being of each resident;</td>
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State Regulation
WAC 388-97-0940

State Regulation
- Provide activities meaningful to the residents at various times throughout every day and evening based on each resident's need and preference; and

Federal Regulation
483.15(f)(1)/ F248

Federal Regulation
-
State Regulation
WAC 388-97-0940

- Ensure activities program is directed by a qualified professional who:
  - Is a qualified therapeutic recreation specialist or an activities professional who is eligible for certification as a therapeutic recreation specialist or as an activities professional by a recognized accrediting body on or after October 1, 1990; or

Federal Regulation
483.15 (f)(2)/ F249

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  - Is a qualified therapeutic recreation specialist or an activities professional who is eligible for certification as a therapeutic recreation specialist or as an activities professional by a recognized accrediting body on or after October 1, 1990; or
State Regulation
WAC 388-97-0940

State Regulation
- Has two years of experience in a social or recreational program within the last five years, one of which was full-time in a patient activities program in a health care setting; or
- Is a qualified occupational therapist or occupational therapy assistant.

Federal Regulation
483.15 (f)(2) / F249

Federal Regulation
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DEFINITION:

“Activities” refer to any endeavor, other than routine ADLs, in which a resident participates that is intended to enhance her/his sense of well-being and to promote or enhance physical, cognitive, and emotional health. These include, but are not limited to, activities that promote self-esteem, pleasure, comfort, education, creativity, success, and independence.
WHY ACTIVITES?

- Promotes **Quality of Life** by enhancing self esteem and dignity
- Promotes sense of purpose and belonging
- Gives meaning to daily life
- Decreases or eliminates mal-adaptive behaviors
- Decreases or eliminates falls
Where Do You Begin?
ASSESSMENT

- Should be sufficient and detailed to identify **Interests**, **Preferences** and **Abilities**

- Determine any adaptations needed
ASSESSMENT

- Information should come from:
  - Interviews - Family and Resident
  - Observations - What you and others see
  - Record Review – What other disciplines recorded in their assessment
CARE PLANNING

- Set Goals that are measurable and objective
- Integrate those identified Interests, Preferences and Abilities
- Which discipline is responsible for transporting the resident who needs assistance
- Who provides needed supplies like audio books, art supplies and set up
- Who arranges transportation to community events/functions like church
CARE PLANNING

- Does it account for the whole person
- Spiritual Needs
- Social Needs
- Function Needs
- Intellectual Needs
- Emotional Needs
INTERVENTIONS

- Accommodate those who are visually impaired, hard of hearing or with language barriers, use of translation or communication devices
- For cognitive impairments adjust length of time, smaller groups or 1:1
- For terminally ill allow for quality time with family, music or relaxation therapy
- For room bound, visits by staff/volunteers
INTERVENTIONS

- For newly admitted residents – Welcoming Activities or orientation activities

- Younger residents- music/movies of their era, computer/internet access, video games

- Diverse ethnic or cultural backgrounds- special meals, celebrations
INTERVENTIONS

- Behavioral issues: Try to engage before the behavior escalates,

- Gross motor movements i.e. walking, ball toss,
- Calming i.e. rocking or tapping
- Stacking or sorting or folding
- Outdoor activities as able
INTERVENTIONS

- For those who refuse or prefer to stay in their room:
- R/O – pain, sensory barriers, medical or functional limitations
- Bring activities to them in room i.e. radio, pets, spiritual visits
- Integrate activity just before or after meals when resident is out of room
How Do Surveyors Determine Compliance?

- **OBSERVATION**
  - During various shifts, what is going on in the facility
  - Are activities based on the “assessed preferences” for the resident
  - Are residents informed of scheduled activities
  - Are residents using adaptive devices i.e. glasses, hearing aids
  - Are food choices honored
How Do Surveyors Determine Compliance?

- Is there sufficient space for the activity
- Is there sufficient lighting
- Is there sufficient equipment and supplies
- Is there extraneous noise from mechanical equipment
- Are there frequent staff interruptions
How Do Surveyors Determine Compliance?

**INTERVIEWS**

- **Resident/ Representative**
  - Will ask if involved in the care plan development
  - If assistance with activities is being provided
  - If resident desires activities that are not provided
How Do Surveyors Determine Compliance?

- If resident is participating in activities, if not – Why?
- If facility has tried to make accommodations
- Are activities being held as scheduled or cancelled
- If resident has expressed concerns, does staff know and what was the response
How Do Surveyors Determine Compliance?

- **Activity Staff** - Ask about the residents activity program and how they are meeting their goals.

- **NACs** - How are activities provided when activity staff are not available.

- **Social Services** - How are any psychosocial needs that impact the residents ability to participate in activities being addressed.

- **Nurse** - How are schedules coordinated around ADLs, therapies, medications to maximize the resident’s participation.
How Do Surveyors Determine Compliance?

- **Record Review**
  - Assessment- Social hx, customary routine, current physical, mental and psychosocial health status and how it affects choice and ability to participate
  - Activity schedule- is it posted for residents to see? It is being followed?
  - Resident Council Minutes- are any voiced concerns about activities being addressed
  - Care Plan- Do the goals and interventions meet the needs of the resident and evaluate for needed changes based on changes in resident’s abilities, interests and health.
Compliance Analysis

- Activities is an **OUTCOME ORIENTED** regulation

- **EACH** sampled resident is reviewed separately for compliance
Compliance Analysis

- **Non-compliance may look like:**

- A resident with special needs did not receive adaptations needed to participate in individualized activities

- Planned activities were not conducted or designed to meet the resident’s care plan
Compliance Analysis

- Other potential regulations associated with activities
- Privacy and Confidentiality
- Access and Visitation Rights
- Self-Determination and Participation
- Accommodation of Needs
Compliance Analysis

- Qualifications of the Activities Director
- Social Services
- Comprehensive Assessment
- Comprehensive Care Plan
- Care Plan Revision
Compliance Analysis

- Sufficient Staff
- Dining and Activities Rooms
- Staff Qualifications
BEYOND BINGO

- Name That Tune
- The Price is Right
- Photo Puzzles
- The Best Advise My Mother gave me
- WII – bowling or other games
BEYOND BINGO

- For Dementia- Engage the senses
- Sound- music (relaxation or of their era), voice recordings of family
- Sight- looking at photos, travel magazines, post cards
- Touch- mani/pedi, knead dough/clay, fold towels, wading pools
- Taste- ice cream flavors, dipping chips or pretzels, chocolate tasting
- Smell- popcorn, bread baking, flowers, brew mulling spices
- Get Moving- collect leaves, take walks, feed the birds

- Keep it SIMPLE
Who Is Responsible For Activities?

- **EVERYONE**!

  - Staff
  - Volunteers
  - Family

Activities are ongoing and should be provided throughout the day to meet individualized needs.
RESOURCES

- American Alzheimer's Association
- Pioneer Network- non-profit group supporting culture change in LTC
- The Activity Director's Office- website and publication
- Network with other Activity Directors
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