

## Non-pharm and person-centred care approaches in LTC

- Assessments:
  - SeeME Frailty informed care prior/during admission
  - Pre-admission
  - Admission
  - Psychosocial Assessment
  - 6 Week care conference and GOC discussion
  - Therapeutic Recreation assessment
  - Special Approach PSW
  - Psychogeriatric Referral
  - ROH Referral
  - Behaviour Therapy Referral
  - ABC Team meetings to identify triggers, behaviours and interventions
  - Getting to know me
- Non-pharm and person-centred care approaches
  - Curio cabinets
  - All about me poster
  - Music Therapy/therapist
    - Promoting a peaceful atmosphere through music:
    - Music that the resident enjoys
    - Hertz frequency music (Solfeggio Frequencies)
    - Meditation style music with nature sounds (birds, rain, ocean sounds etc)
    - Soft piano or guitar music
  - Music with headphones
  - Art Therapy programs
  - Horticultural programs
  - Spiritual Health
  - Sacred space
  - Physio
  - VR
  - Blanket warmers
  - Doll therapy
  - Nursery
  - Bus stop/station
  - Log cabin
  - Engage in their life story/career: Work stations, fake money

- Validate where they are
  - Robotic cats/dogs
  - Ipad music/movie
  - Communication: Care lingo, communication cards, white boards, directional signage
  - Laundry folding table
  - Puzzles, game to meet resident needs
  - Snoezelen cart
  - Sound Ear
  - Diversion doors
  - Busy boards
  - Busy blankets
  - Magic Table
  - Lab coat and stethoscope
  - Adaptive clothing and footwear
  - Outdoor spaces
  - Opportunities to build and create, activities that provide sense of purpose:
  - IPADs for music, translation, relaxing pictures, connecting with families
  - Activity programs
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- Social engagement on/off the unit
    - Mass
    - Pub
    - Duck pond
    - Bike (need name)
    - Mini golf course
    - 1:1 visits
    - Volunteers
    - Bingo
    - Breakfast club
    - Onsite social events: Strawberry social, live events
    - Veterans support: (RO)
    - Outings-numerous: (RO)
    - Summer BBQs
    - Ice cream parlour
    - Hair salon