



Activities of Daily Living - Supporting Independence (Focus: ADL and Rehab Restorative Critical Element Pathway)

Facilitator Guide

Overall Goal of Webinar Toolkits: To support the ability of communities to share Pioneer Network training materials with team members in a way that is efficient, meaningful and cost effective.

Session Description:

Maintaining or improving a nursing home resident's daily living is of great importance to quality of life. It is also one of the quality measures that the Centers of Medicare & Medicaid use for the Five-Star Quality Rating system and report on Nursing Home Compare. Additionally, there are several state survey federal tags relating to Activities of Daily Living (ADL), which are aimed at ensuring that a nursing resident's abilities in activities of daily living do not diminish unless circumstances of the individual's clinical condition demonstrate that a decline was unavoidable. The theme of ADL ability is of high importance not only to CMS, but also to our residents.

As a caregiver, it is important to encourage independence in seniors and to provide the opportunity for them to maintain a better quality of life for themselves. Because of the many demands on our time in our daily roles in health care, it is easy to get into the habit of doing things "for" individuals rather than "with" them. Let's face it -- it can be more efficient to do everything yourself. But is that helping elders to maintain function, improve quality of life, stay healthier and live independently longer.

The true art of caregiving for the elderly extends beyond task-oriented responsibilities and includes engaging in activities that help maintain a healthy spirit and body.

In this session, you will learn about ways in which you can assist an individual with everyday activities of daily living while supporting independence and helping him/her keep a sense of self-respect. Participants in this session will be introduced to the Critical Element Pathways for Activities of Daily Living and Rehab/Restorative Care. This session is designed to provide an overview of person-centered ADL strategies and techniques caregivers can implement to facilitate independence. Looking at each individual's deficits and customizing the ADL routine, assistance, cueing, compensatory strategies and adaptations needed are important for each resident to maximize independence. Participants will be presented with common adaptive devices and compensatory approaches used for self-care activities including techniques to facilitate performance with cognitively impaired individuals and those with dementia. Participants will be offered a synopsis of the philosophy and goals of a Restorative Nursing Program for Activities of Daily Living. While many sites employ dedicated Restorative Aides, it is imperative that all caregiving staff are trained in rehab/restorative techniques to enable highest practicable well-being. Person-centered care directed at self-performance of ADL affords the resident the opportunity to stay connected in the environment, give a sense of purpose and promote higher self-esteem. Finally, because Restorative Nursing and Therapy services work so closely together, triggers that might indicate a referral to therapy services for each of the programs will be reviewed.



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Session Objectives

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

1. Explain the role of the Rehab/Restorative Nursing Assistant in facilitating independence in activities of daily living
2. Identify common adaptive devices and techniques used for self-care activities
3. Describe evidence-based task-centered ADL approaches for individuals with cognitive decline (i.e., dementia)
4. State the correlation and purpose of the ADL and Restorative Critical Element Pathways for nursing care
5. List resident characteristics that might trigger a referral to skilled OT, PT, or SLP therapy services.

Guide:

Kathleen Weissberg, (MS in OT, 1993 D'Youville College, Buffalo, NY; Doctoral 2014, Chatham University, Pittsburgh, PA) in her 25 years of practice, has worked in long-term care as a researcher/educator and has established various programs in nursing facilities including wellness, person-centered programming, palliative care, incontinence management, falls management, regulatory and reimbursement, dementia care and staging. She provides regulatory and clinical support to Select Rehabilitation's customer base including on-site audits, Medicare documentation review, MDS/ADL coding training, person-centered care planning, and strategies for person-directed care. She provides continuing education support to 6000 therapists nationwide as Director of Education for Select Rehabilitation. She has lectured nationally on topics including person-directed care and resident choice in long-term care, dementia care and staging, and compliance with regulatory requirements including the MegaRule. She has presented specifically on person-directed care at Pioneer Network, the American Occupational Therapy Association, and at LeadingAge's National conference. She presents and speaks regularly for various state LeadingAge conferences including LeadingAge GA, SC, CT, MI, NY, WA, IA, NE, PA, KS, and TX. She has authored publications in peer-reviewed journal on topics including person-centered dementia quality care, wellness, low vision, and cultural competence.

Notes to the Facilitator

The webinar can be shown in its entirety, or the Facilitator's Guide offers suggestions for breaking the webinar into smaller topics. In addition, discussion questions are provided that support active engagement by participants and personalization to your community.

Each section of the Facilitator's Guide contains the slides that are covered as well as the timeframe on the webinar recording that contains the audio/visual portion of each section. (Please note that the number indicating the time on the recording may vary slightly.)



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Recommended Logistics:

1. Room set up in tables of 6-8 individuals to support group exercises
2. Computer and projector
3. Speakers
4. Copies of handouts
5. Optional: Flip charts for recording group responses

Materials Needed:

- Webinar Recording

The webinar recording was sent to each registered attendee following the webinar as a MP4 file
You can also access the recording using this link

- <https://attendee.gototraining.com/22km0/recording/5989946225655783937>
 - Note: You will be asked to register in order to access the recording. You must use the name and e-mail address that you used when you registered for the webinar. Doing this will zero out the cost and provide access.

- Available Handouts, based on the content being covered:

- ADL Living - Supporting Independence handouts
- CMS-20066 Activities of Daily Living Critical Element Pathway
- CMS-20080 Rehab-Restorative Critical Element Pathway
- Nurse to Therapy Communication handout
- Training Programs
 - Restorative ADL
 - Restorative Ambulation
 - Restorative Eating
 - Restorative Transfers

Options for how to use this webinar in training:

1. Show the **entire webinar** with selected discussion questions based on the needs of your team.
 - a. It recommended that discussion questions be added to the presentation to create an interactive learning experience. Based on the time allocated for the training, the facilitator should identify which questions are most appropriate for the group and may have to set limits on the time allowed or select only some of the for discussion.
2. **Design your own training** by selecting specific topic from the webinar and showing this portion or portions of the video to meet the learning needs of your team and timeframes available for training.

Breakdown of the webinar recording by slides, recording times and topics.

Suggestions for discussion questions to use to support group participation.

Please note that times on the recording are approximate.



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- Slides 1,2 (0:00 - 1:48) Opening comments and logistics related to the live webinar /
Introduction of Guide, Dr. Kathleen Weissberg
- Slide 3, 4 (1:48 - 3:55) Review of the Objectives
Critical Element Pathways - what are they and how are they used?
- Slides 5 - 7 (3:55 - 8:38) Person-Centered ADLs / PCC Values

Discussion Question 1: *Can you share example of how person-centered values are
a part of how you provide ADL care?*

- Slide 8, 9 (8:39 -11:25) Talk about Reality - Trends in Nursing Care

Discussion Question 2: *How do the trends in Nursing Care discussed impact care in
our community?*

- Slide 10, 11 (11:25 - 14:10) Occupational Needs of Residents

Discussion Question 3: *What is our philosophy of care?
or
Share your morning routine? Could it be supported in our
community?*

- Slide 12 - 15 (14:10 - 19:48) ADL CEP / Understanding the Hierarchy of Needs

Discussion Question 4: *Are there any practices we have as an organization that
unintentionally contribute to increasing resident's level of
independence?*

- Slides 16 - 34 (19:48 - 37:16) What is Rehab Restorative? Adaptations to support self-
function. (mobility, eating, toileting, sleep, bathing and dressing)

Discussion Question 5: *Choose one of the ADL Activities on slide 19.
Can you give examples of how we can provide care "with"
the resident vs "for " the resident?*

*Consider having therapy bring in some of the adaptive
devices shown in the webinar, allowing staff to learn about
them and try them.*

*Can you identify residents who would benefit from
any of the assistive devices you learned about?*



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Slide 35-41 (37:17 - 44:58) Staff Approach when supporting ADLs / triggering reactions, supporting success

Discussion Question 6:

Can you give an example of a resident who our actions might be triggering reactions?

or

Can you think of a modification we might make that would promote success related to supporting resident self-function?

or

How do we as a community define an individual's preferences and routine? Are there ways we could do better?

Slide 41 - 46 (44:58 - 50:22) Supporting the Resident with Dementia

Discussion Question 7:

Think of someone living with dementia. Give an example of how you successfully support them. Give an example of a resident who we staff are challenged as they try to support them with their ADL needs.

- What is working? What is not?

Slide 47 - 58 (50:23 - 57:03) Restorative and ADL CEP - Assessment and Supporting Medical Necessity for services and referring to therapy

Discussion Question 8:

Review the Nursing the Therapy Communication Tool. How does our team communicate? What can we do to enhance communication and assure appropriate referrals to therapy?

Slide 59 - 64 (57:03 - 1:01:53) Closing Comments / Wrap-up

Additional ideas

Review the Training Programs provided.

- How can you use these tools to grow your restorative program?
- How can you use these to support competency testing as a part of your Community Assessment?