Framework for Sustainable Activities within a Community Hospital used by Dementia Champions

Maura Gillen MSc, PGDip, BSc, RGN Practice Development Co-ordinator Older Person Services Donegal
Purpose of Activities

- Punctuate the day and relieve boredom for residents
- Improve mood behaviours and cognition
- Expansion of knowledge for resident/volunteer/staff/family
- Improve relationships with residents, relatives, staff and wider community

Activities Framework

Brainstorm Ideas

Agree on Project Plan & Budget

Communicate Project & Commence

Project Completed & Sustainability Noted

Launch

Resident Activities

Open Evening
Craft Fair
Residents Tea Party
Gain Feedback

Display & present projects to Residents,
Schools involved & the wider Community

Dementia Champions
Residents
Reminiscence Groups
Staff
Artist
HIQA
Visitors
Community Groups

Talk to Residents & Additional Stakeholders

Residents
Staff
Family
Schools
Community Groups

Strategic Direction - Person Centred Care

Activities Coordinator

Community Family and Staff Support
Application to the Flower Project

Stage 1

Brainstorm Ideas

Dementia Champions
Residents
Reminiscence Groups
Staff
Artist
HIQA
Visitors
Community Groups
Stage 2

Agree on Project Plan & Budget

Talk to Residents & Additional Stakeholders
Stage 3

Communicate Project & Commence

Residents
Staff
Family
Schools
Community Groups

GO
Stage 4

Project Completed & Sustainability Noted

Display & present projects to Residents, Schools involved & the wider Community
Stage 5

Launch

Open Evening
Craft Fair
Residents Tea Party
Gain Feedback
School Visit with residents
Foundation

Strategic Direction - Person Centred Care

Activities Coordinator

Community Family and Staff Support

Best Practice

Coordinate and Focus

Support perspective and feedback
Invisible Considerations

- Trust
- Inclusion
- Flexibility
- Resident Autonomy
- Respect
- Relationships
- Time

Invisible considerations

Scie (2018)
Ongoing Activities with Volunteer involvement

- Sonas
- Massage Therapy
- Doll /Pet Therapy
- Memory Room
- Tovertafel
- Prayer Group
- Reminiscence Therapy
- Dance and Music
- Meditation
- Flower Arranging
- Knitting & Crocheting
- Handmade Christmas Craft Fair
Arts & Crafts Project examples

- Irish Cottage – Collage as seen on the video
- Crafty Hands - Photography Project
- Bits & Pieces - Book
- Walkway Gallery - Oil Paintings
- Oil Paintings - Christmas Card
- Landscape Oil Painting - Calendar
- Stained Glass - Fr. Hegarty Local Historical Project
- Stained Glass - Mamore Gap, A Memorable Place
- Grow Happy - Intergenerational Conversational Canvas
- Birthday Calendar - Intergenerational Art & Poetry Fusion
- Nostalgic Flowers – Dementia based Artwork
Walkway Art
Intergenerational work
Intergenerational - Grow Happy
Stained Glass Historical Art
Oil Painting - Cards & Calendar

Buncrana Community Hospital

Birthday Calendar

An everlasting calendar to keep track of birthdays, anniversaries and special occasions

Featuring original Oil paintings by the Clients, Residents & Staff of Buncrana Community Hospital portraying each month’s birth flower

Every month also includes an original poem written by pupils from our local primary schools

June

High, high up in the bright blue sky, white fluffy clouds come floating by. Everything is coated with all shades of green, newborn animals are everywhere to be seen. Flowers so colourful and sometimes show, show that the beautiful month of June is here.

Jennifer Holly 4th Class
St Mary’s National School

| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|---|---|---|---|

The Meadow

by the Staff of Buncrana Community Hospital

Rose

Kathleen McClay

Oil Painting - Cards & Calendar
How does it Work?

- Respect
- Clarity of role
- Nurturing relationships
- Time
- Trust
- Flexibility

(Alzheimer's Society 2018)
Why does it go Wrong?

- Poor communication
- Wrong volunteer / Community group leading on a project
- Failing to ask who the activity programme is for
- Rushed
- Limited expectations – Non linear
- Unclear of what the outcome of an activity programme should be

Staff Comments

“Having volunteers is good for staff and residents.”

“If the roster is short then the residents are not stopped in their activities as the volunteers help.”

“Activities in this unit are well supported by the community for years.”

“We could not do this amount of activities if we didn’t have the volunteers supporting us.”

“The residents love to see the children coming to the unit as some of them don’t have grandchildren of their own.”

“Volunteers bring something extra to the activities…”
Volunteer Comments

"It works well in the unit... staff make us feel welcome.... We couldn’t do it without them"

"We have been coming for a long time and it takes time to build up the trust with the staff and residents"

When the residents smile and recognise you even with their dementia, you know you are doing something right"

"I get a lot out of coming to do this work with the residents..."

"Doing this volunteering helps me and gives me a sense of purpose"
Thank You / Questions
References Bibliography

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- DoH, (2013). The Health Act 2007 (Care and Welfare of Residents in Designated Centres for Older People) Regulations 2013, Department of Health, Dublin