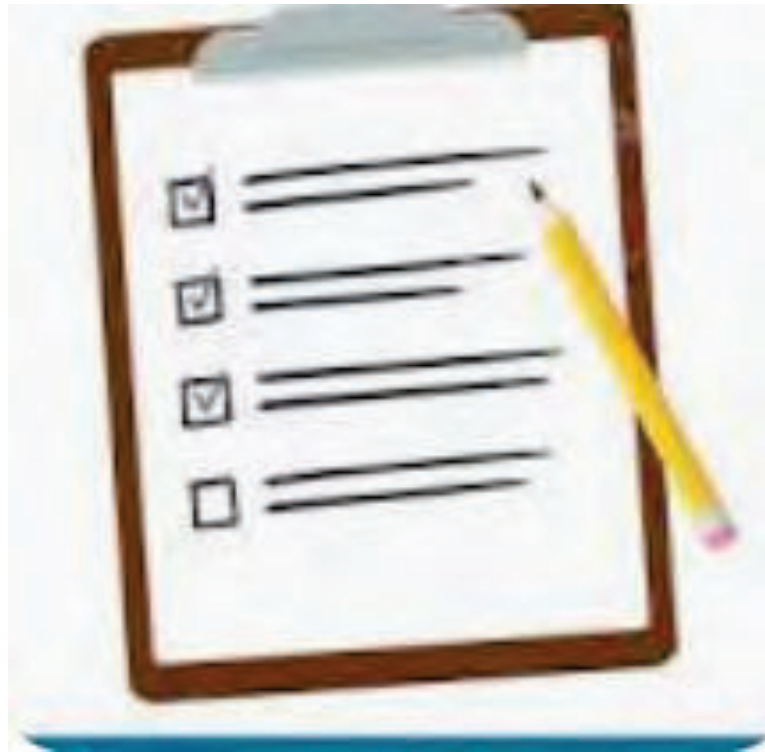


ACTIVITIES FOR SPECIAL POPULATIONS

2024 DHSS PROVIDER MEETINGS
WENDY BOREN, BSN, RN QIPMO
UNIVERSITY OF MISSOURI-COLUMBIA

WHAT DO YOU DO?



ACTIVITIES, PER CMS

F56 I (Self-Determination)

- **§483.10(f)(3)** The resident has a **right to interact with members of the community** and **participate in community activities both inside and outside the facility.**

F679 (Activities)

§483.24(c)(1) The facility must provide...[resident] choice of activities, ...facility-sponsored group... individual activities...**designed to meet the interests of** and **support the physical, mental, and psychosocial well-being** of each resident, encouraging both independence and interaction in the community.

ACTIVITIES, PER CMS

INTENT §483.24(c)

- **To create opportunities for each resident to have a meaningful life by supporting his/her domains of wellness (security, autonomy, growth, connectedness, identity, joy and meaning).**
- Activities are meaningful when they reflect a person's interests and lifestyle, are enjoyable to the person, help the person to feel useful, and provide a sense of belonging. Maintaining contact and interaction with the community is an important aspect of a person's well-being and facilitates feelings of connectedness and self-esteem. **Involvement in community includes interactions such as assisting the resident to maintain his/her ability to independently shop, attend the community theater, local concerts, library, and participate in community groups.**

ACTIVITIES FOR DEMENTIA

- Activities must be individualized and customized based on the resident's previous lifestyle (occupation, family, hobbies), preferences and comforts.

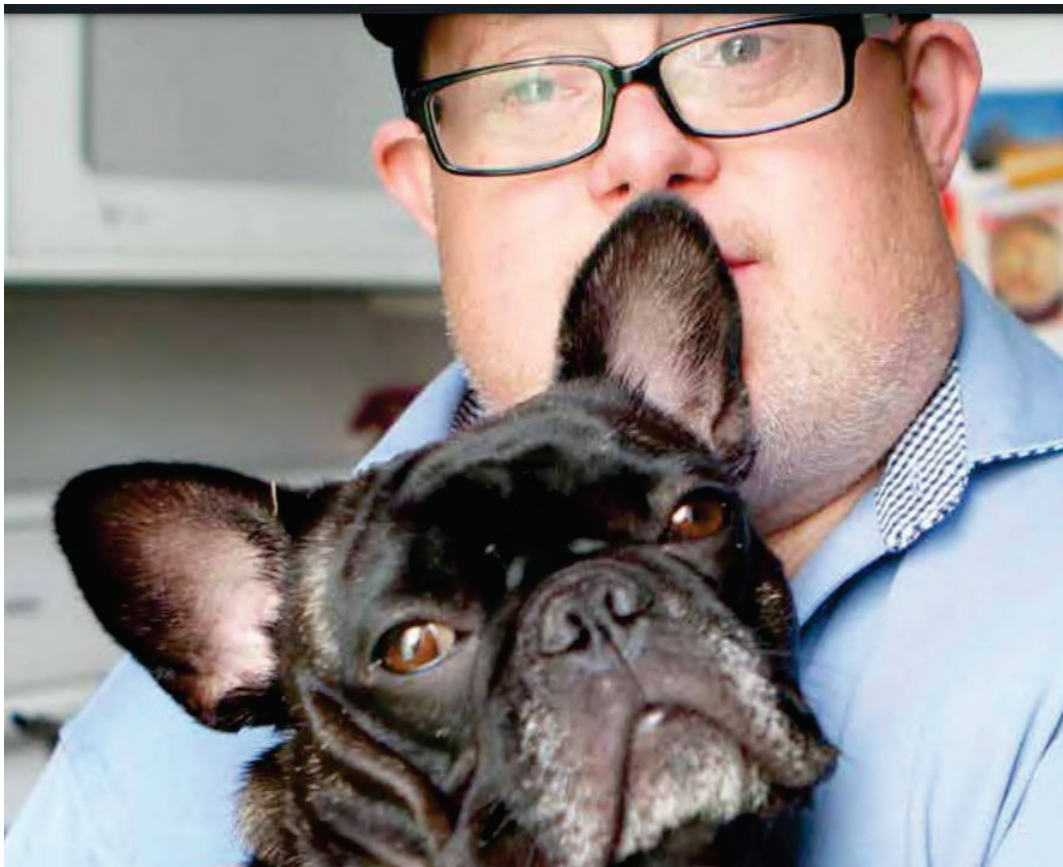
https://www.caringkindnyc.org/_pdf/CaringKind-PalliativeCareGuidelines.pdf

- *CMS include a WHOLE list of activity guidelines for those with dementia in Appendix PP!*

CHANGE THE SCRIPT!



It's all about
ADAPTATION!



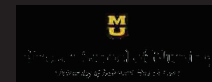
SPECIAL POPULATION FOCUS

Congenital
intellectual disabilities

Brain
injuries/disorders

Visual impairments

Hearing impairments



COMMON INTELLECTUAL DISABILITIES

Fragile X syndrome

- Fragile X syndrome is a genetic condition that causes intellectual disability, behavioral challenges, and various physical characteristics.
- Occurs in both genders but more common in males.
- Genetic mutation on the X chromosome, passed down through the maternal side.

Socialization

- They have a hard time knowing what to do with a toy or object due to sensorimotor dysfunction.
- Simple, easy, repetitive activities are best. *Can tie into ADLs.
- Clear, brief, exaggerated voices from caregivers in activities.
- Silly and sassy!

<https://fragilex.org/>

<https://fragilex.org/fxs/daily-living/how-to-encourage-play-and-why-it-is-so-critical-for-your-child/>



Sinclair School
University



COMMON INTELLECTUAL DISABILITIES

Down syndrome

Down syndrome is a genetic disorder that occurs when a baby that is born has an extra copy of chromosome 21 due to abnormal cell division. The extra genetic material can cause developmental changes and physical and intellectual abnormalities. It can also be the cause of several medical issues.

Aging issues:

- Cataracts
- Alzheimer's
- Harder of hearing

Socialization

- <https://brickit.app/>
- <https://www.specialolympics.org/school-of-strength>

Turn negative statements into positive statements. For example, instead of "Don't go into the kitchen." Say, "Come with me, I need your help with something."

Make statements rather than asking questions. For example, instead of: "Do you want to go?" Say, "Let's go!"



<https://adscresources.advocatehealth.com/activities-you-can-do-at-home-resource/>
Partnering With You to Promote Quality

COMMON INTELLECTUAL DISABILITIES



Developmental delays

Everyone will be different depending on their own situation so what works for one person might not interest another.

- Build models.
- Build Legos.
- Simpler puzzles—appropriate for person's intellectual level *stimulate but don't overwhelm!
- Play-Doh!
- Gardening (can just be planting seeds or making a flower box)

COMMON INTELLECTUAL DISABILITIES

Prader-Willi Syndrome (PWS)

Prader-Willi syndrome is a rare genetic disorder from chromosome 15 that results in a number of physical, mental and behavioral problems. A key feature of Prader-Willi syndrome is a constant sense of hunger that usually begins at about 2 years of age.

People with Prader-Willi syndrome want to eat constantly because they never feel full (hyperphagia), and they usually have trouble controlling their weight.

Socialization

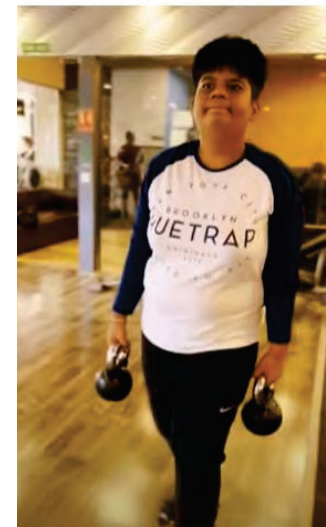
- Movement, dance, exercise
- Focused but not
- Chair yoga! <https://www.youtube.com/watch?v=XMps5-PIJHA>

Excellent Tip Resource for Caregivers:

<https://www.pws.org.nz/wp-content/uploads/2018/09/DO%E2%80%99S-AND-DON%E2%80%99TS-WHEN-LIVING-with-the-Adult-with-PWS-revised-2009-PWCF.pdf>

<https://www.mayoclinic.org/diseases-conditions/prader-willi-syndrome/symptoms-causes/syc-20355997>

https://www.youtube.com/watch?v=9ntbVm_r3tU





BRAIN INJURIES/DISORDERS

Stroke

Traumatic brain injury

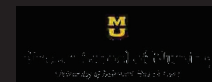
Brain tumors

Anoxic brain injury (often
drug/alcohol-induced)

Subdural bleeds

Encephalitis

Carbon monoxide poisoning



ACTIVITIES FOR BRAIN REBUILDING

Go to the “store”

-calculate costs/count money (purpose, independence, reasoning and logistics skills)

Spell what you see or complete the sentence

-pictures of every day item and lines to write in what it is (spelling, word-finding)

-Example: Katie cut her _____ (fingernails couch toothbrush)

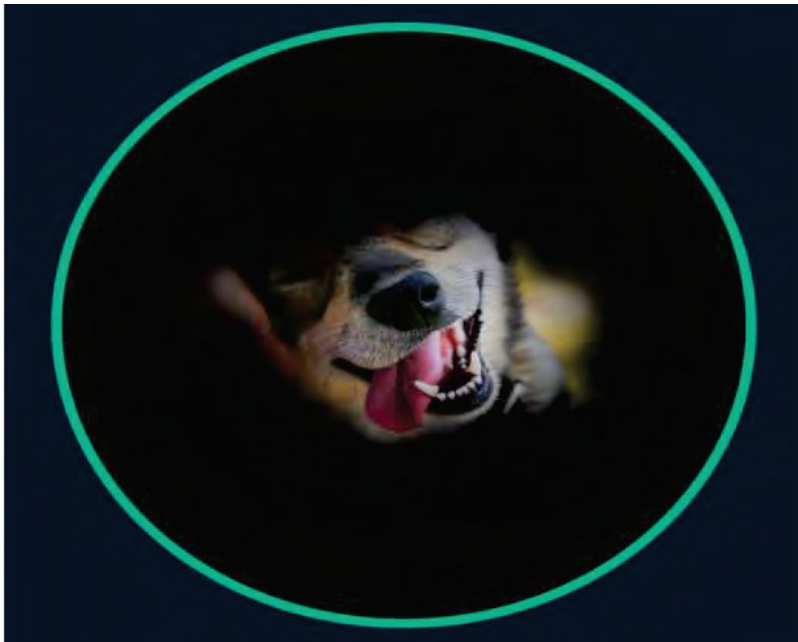
For the phone or iPad: [Therapeutic Activities | CNS Traumatic Brain Injury Rehab \(neuroskills.com\)](https://www.neuroskills.com)

[Left Brain Damage: effects + therapy activities that can help \(constanttherapyhealth.com\)](https://www.constanttherapyhealth.com)

VISUAL IMPAIRMENTS

- Blindness (partial to fully legally blind)
- Glaucoma
- Macular degeneration
- Cataracts
- Diabetic retinopathy
- Color blindness

WHAT BLINDNESS LOOKS LIKE



Glaucoma



Macular
degeneration

WHAT BLINDNESS LOOKS LIKE

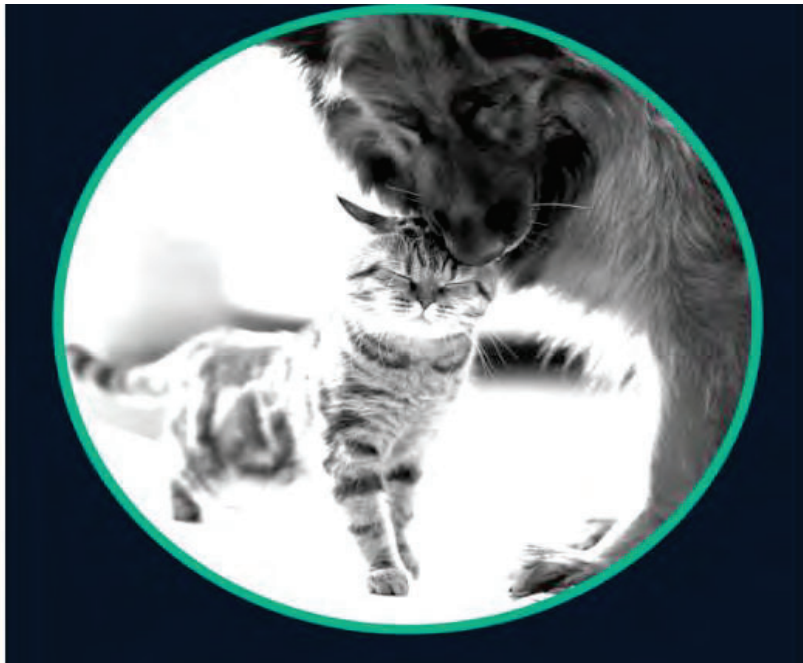


Cataract

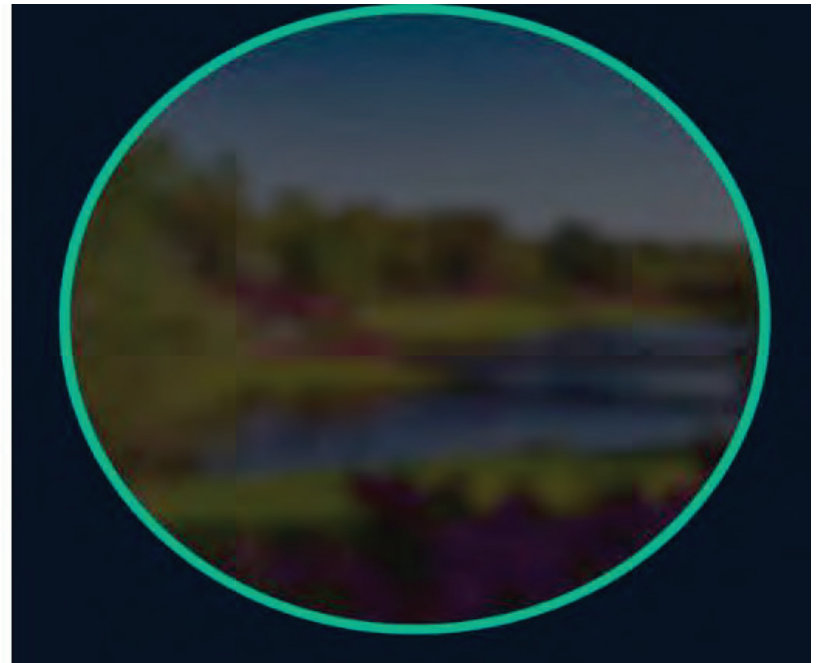


Diabetic
retinopathy

WHAT BLINDNESS LOOKS LIKE



Color blindness



Blindness is rarely absolute!



ACTIVITIES FOR VISUAL IMPAIRMENTS

Tactile games—Dominoes, Tic-Tac-Toe board, modified corn hole

Touch trivia

Visiting the coffee shop—bring in different types of coffees or syrups to enhance the sense of smell and taste

Pet therapy

Word trivia/Jeopardy

HEARING IMPAIRMENTS

- Conductive: caused by ear infections, objects in the ear, congenital misformation.....
- Sensorineural: happens after inner ear damage with the nerve pathways from your inner ear to your brain. Soft sounds may be hard to hear. Even louder sounds may be unclear or may sound muffled. Most common type of permanent hearing loss.
- Mixed: Damage to outer and inner ear.

Socialization

iPads with closed captioning

Acting! *Think charades*

<https://dailysparkle.co.uk/activities-for-the-hearing-impaired/>

<https://www.asha.org/public/hearing/types-of-hearing-loss/>



THE MAGIC OF MUSIC



MUSIC MAKES YOU FEEL A CERTAIN KINDA WAY!

**Everybody
on your
feet!!**

<https://www.youtube.com/watch?v=CS9OO0S5w2k>



MAKING MUSIC WORK

<https://www.youtube.com/watch?v=7XKIPZwwusw>



Play (k)

Partnering With You to Promote Quality

ACTIVITY GO-TO's

- Kids
- Pets
- Nature—in EVERY form! (Bird watching, playing in the water—a sprinkler or a kiddie pool, listening to the rain/thunder, gardening, weeding, walking outside, visiting a park or zoo or even the outdoor section at Lowe's)
- Music
- Art—in EVERY form!

REMEMBER—the difference is that it must be purposeful—not just something you put on an activity calendar and walk away!





HAVE YOU EVER THOUGHT ABOUT...

A facility football league?

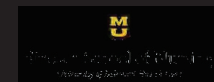
Once a month going to a pool bar?

Partnering with a community pool
in the summer for swim lessons?

“After hours” board game parties
with staff and kids?

Field trips to sensory-specific
areas? *St. Louis Aquarium, Webster
Groves Water Park*

Calling the MO Arts Council?



MO ARTS COUNCIL

<https://missouriartscouncil.org/arts-and-aging/>



PURPOSEFULLY INVEST IN ACTIVITIES... IT MEANS MORE THAN YOU THINK!



WHAT WILL YOU DO?



<https://www.youtube.com/watch?v=iG2m4XDclus>



*Worth
watching*
😊

WORD OF THE DAY: SENSORY





CLINICAL EDUCATION NURSES

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