

Together
We Care

Bridging You Home (BYH) Program

Patricia Banks, RN
Lord Dufferin Centre



Bridging You Home



Support Program for Seniors

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BYH Initiative

- Program initiated 4 ½ years ago as a pilot project
- Very effective in rehabilitating clients to own homes within 21 days
- Very rare to extend beyond 21 days
- Ensure the best outcome for the client

BYH Program

- Funded by Central West Local Health Integration Network
- Short Term
- Provides assistance with activities of daily living

Services Provided

- Morning care
- Evening care
- Bathing assistance
- Mobility assistance to and from meals
- Laundry service
- PSW support and assistance with daily exercises
- Medication service
- Bed making

Services Provided

Transitional Care when required once discharged home.



Our Program Successes

- Transitioned 140 clients back to the community with no need of readmission to hospital

Enhanced Integration and Partnerships

Throughout the BYH program we have continued to further enhance our relationship with our partners including :

- Local family health teams
- Headwaters Health Care Centre (Transitional Case Manager and CCAC)
- County of Dufferin Community Services
- CCAC (Community Case Managers)
- Home at Last
- Comfort Keepers
- CNIB

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Ministry of
Transportation Program
Laurena-Mae Kingsbury



Our Welcoming and Bright Lobby ...sets the tone of a very relaxed and slower paced environment...



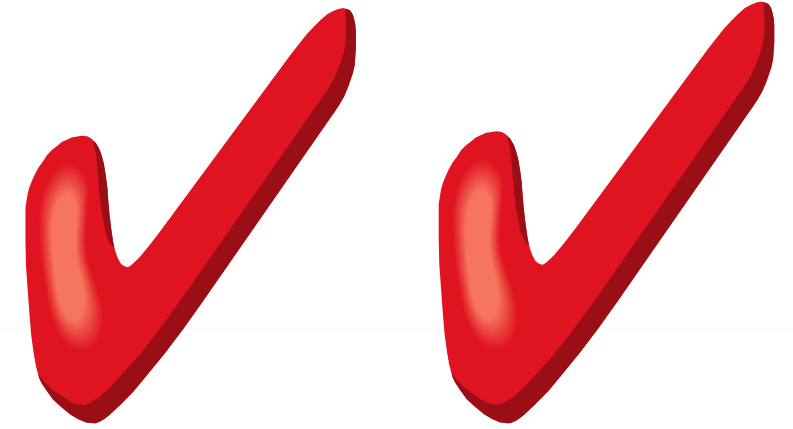
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Our Bistro Café, where the early birds can enjoy complimentary refreshments with a freshly baked muffin or cookie while they await their class...



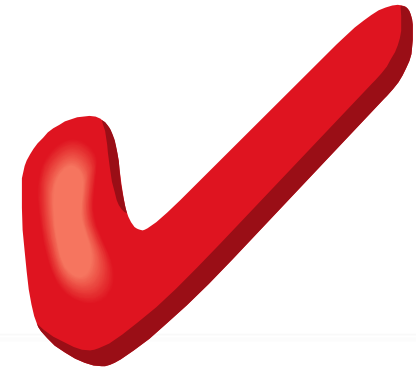
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Our enclosed Theatre Room, allowing for ample room and privacy from beginning to end...



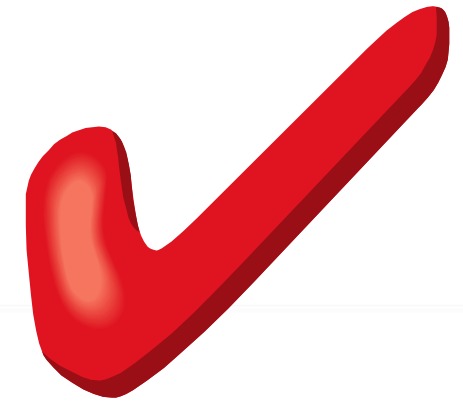
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The small table converts to test the vision...



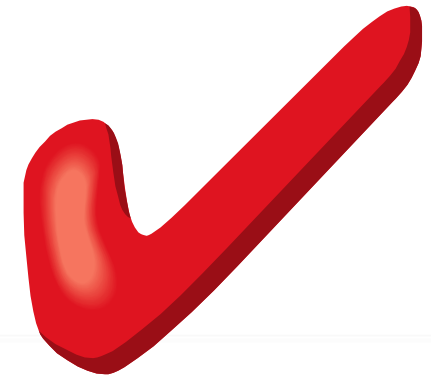
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A projection screen for their PowerPoint and movie segments...

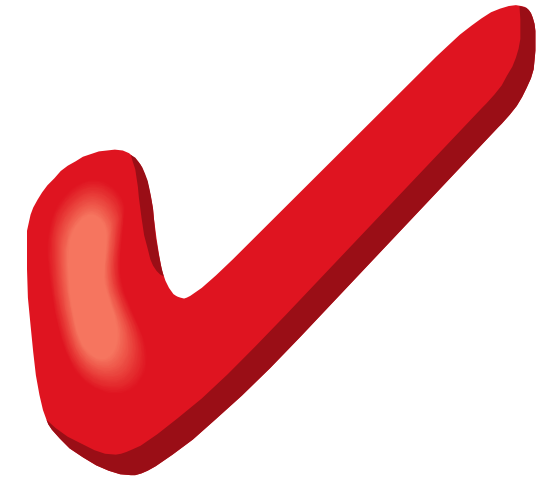


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Let's not forget the comfortable theatre seating...



The table placed along the periphery of the room to accommodate the test writing portion of the session...



**And the
end result
should be...**

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Some **VERY** happy re-licensed seniors!!

But in truth....**EVERYONE** involved
benefits...



- The Ministry of Transportation
- The Kingsmere Retirement Suites from a business perspective
- The seniors in our district
- The residents living in the Kingsmere

WIN/WIN

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Would your Residency be a possible candidate for this type of initiative?

If you can accommodate all the necessary requirements AND there is a need for this type of service in your area...

Brent Swain

Field Services Manager
Regional Operations

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Behavior-Based Ergonomics Therapy (BBET) Program

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Dr. Govind Bharwani

*Director of Nursing Ergonomics and Alzheimer's Care
Nursing Institute, Wright State University*

& Meena Bharwani, Consultant , DGM Partners



**Award-Winning Non-Pharmacological Approach
To Improve Quality of Life for People with Alzheimer's & Dementia**

The BBET Program has received 5 national awards:

- 2011 Dorland Health Silver Crown Award for Alzheimer's Care
- 2011 American Medical Directors Association Foundation Quality Improvement Award (jointly sponsored by Pfizer)
- 2012 *Long-Term Living* Leaders of Tomorrow Award
- 2012 LTC LINK Spirit of Innovation Award
- 2012 OPTIMA Award by *Long-Term Living* magazine

Effect of Boredom and Emotional Disengagement on People with Alzheimer's & Dementia



Boredom & Emotional Disengagement

- Builds mental stress
- Leads to agitation and challenging behaviors
- Increases risk of falls and use of medications

***BBET applies the science of
Cognitive Ergonomics to
reduce mental stress in people
with Alzheimer's or dementia***

What is Unique about BBET?

- This was a collaborative effort between St. Leonard, Wright State University, Alzheimer's Association (local chapter) and Nursing Institute.
- The BBET Program is a person-centered care approach customized to **individual** residents based on their life story and available 24/7.
- A comprehensive training program helps staff proactively identify signs of cognitive stress and select an appropriate therapy.
- It is not a one-on-one activity by the staff. Once a staff starts a therapy, they can leave the resident to enjoy the therapy on their own.

Over 100 Therapy Items in the BBET Resource Center

Music
Therapy
Library
(M1-M30)

+ 1 Memory
Prop Box for
each resident



Video
Therapy
Library
(D1-D30)

Stimulating
Therapy
Library
(S1-S40)

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Customized BBET Therapy Plan

Resident Name: _____

Music Therapy Action Plan

Select the following CDs from the Music Therapy Library:

M5, M6, M7, M8, M9, M10, M11, M12, M14, M17, M23

DVD Video Therapy Action Plan

Select the following DVDs from the DVD Video Therapy Library:

D1, D5, D8, D11, D12, D15, D17, D23, D24, D28, D29, D30

Stimulating/Tactile Therapy Action Plan

Select the following stimulating items from the Stimulating Therapy Library:

S1, S2, S3, S4, S5, S10, S16, S17, S26

BBET Program Benefits

- Does not require one-on-one interaction by staff
- No additional staff is added for the BBET program
- The care team takes pride in their certification & training
- The program can be adapted to all levels of care
- Each 30-60 min therapy can provide calmness for about 3-4 hours
- The BBET Resource Center is open 24/7 for therapies
- Improves family visits with loved ones and care conferences
- Improves ADL care and reduces PRN and anti-psychotic medications

Published Results of BBET Implementation*

	Improvement in 6 months
Reduction in falls	33%
Improvement in mood & behavior issues	67%
Improvement in behavior episodes	38%
Reduction in PRN medications	47%
Reduction in anti-psychotic medications (Risperdal & Zyprexa)	65%

*Results of an independent study conducted by Wright State University College of Engineering and published in *Long-Term Living* magazine and the *American Journal of Alzheimer's Disease & Other Dementias* (2012)

BBET Therapies *in Action*



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Expanded BBET Program to Community-Based Memory Resource Center (MRC)

- Contains **200** Music Therapy items, **300** Video Therapy items, and **100** Stimulating Therapy items
- The therapies are customized for the person with dementia based on their life story and cognitive level
- These items provide a therapeutic and enjoyable experience to the person with dementia & their caregiver
- This program is beneficial for people with early stage dementia living independently or with some assistance
- This is an innovative community collaborative model to provide therapeutic activities for residents with early stage dementia

BBET Therapies in the Memory Resource Center



Caregiver Training in the Memory Resource Center



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A Story of Pride and
Prejudice:
Seniors with technology

Cheryl Curtis,
Windermere on the Mount
by Revera



A continuing
connection to
friends –
compliments of
Facetime



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The iPad Working Group at Revera's Windermere on the Mount

The iPad Learning Group
at work.....and play!



Independence
in action





Taking birding to a
whole new level

Helping staff connect with residents, families and prospects!



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“I love carrying my Blackberry and iPad out in public. Immediately people view me as connected with the world and interesting. They want to talk to me.

So much better than being viewed as an old person sitting and watching the world go by.”

- Resident at Revera's
Windermere on the Mount

Panelists

<p>Rev It Up</p> <p>Bonnie Hatfield Revera</p>	<p>Montessori Methods for Dementia</p> <p>Gail Elliot Dementiability/ L'chaim Retirement Home</p>	<p>Bridging You Home Program</p> <p>Patricia Banks Lord Dufferin Centre</p>
<p>Ministry of Transportation Program</p> <p>Laurena Mae Kingsbury Kingsmere Retirement Suites</p>	<p>Behaviour Based Ergonomics Therapies (BBET)</p> <p>Dr. Govind Bharwani Wright State University</p>	<p>A Story of Pride and Prejudice: Seniors with Technology</p> <p>Cheryl Curtis Windermere on the Mount Residence</p>

A final thought ...

“They may forget what you said, but they will never forget how you made them feel.”

Maya Angelou