

Orchestrating the Arts: A Success Story Supporting Clinical Outcomes

Objectives...

- Identify program characteristics to enhance resident engagement
- Understand the role of the Arts on clinical outcomes
- List the resident, staff and facility benefits of implementing Art programs
- Discuss the types of evidenced based Art programs affecting quality of care at The Cedars
- Operating for financial sustainability

The Cedars: Who We Are...

The Cedars, a non-profit senior living community in Portland since 1929, offers independent living, assisted living, in-patient and out-patient rehabilitation, and skilled care.



Senior Living Options: The Atrium...

Independent Living at The Atrium

- 61 spacious apartments
- Wellness-focused amenities
- Priority access to healthcare services



Senior Living Options: The Osher Inn...

Assisted Living at The Osher Inn

- 30 private apartments
- Personalized assisted services
- 24/7 personal support



Rehabilitation at The Cedars...

- State-of-the-Art Healing
- 820 Admissions
- 75% Community DC
- Average LOS 15-21 Days



The Skilled Care Center: LTC...

- Cherish your health
- Stimulate your mind
- Nurture our body
- Cultivate your spirit



Drilling Down....

- LTC:
 - 56% Census
 - 40.6% Dementia/Alzheimer's Diagnosis
 - 38% Behavior Symptoms

We Needed to Engage Residents with
Behavioral Symptoms to Improve Clinical
Outcomes

Our story begins...



It is The Cedars Belief....

- Our values
 - Person-Centered Approach to Care
 - Choice
 - Dignity
 - Individuality: Sense of Self

Our Foundation....

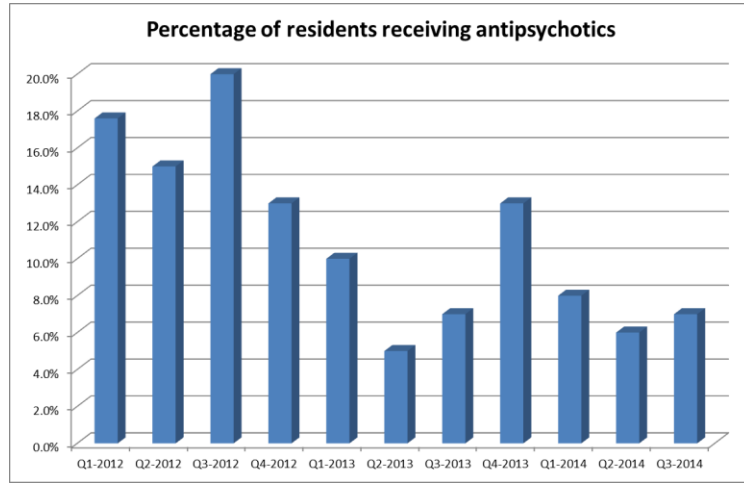
- Life stories
- Spontaneous activities
 - Individual and Small Group
- Scheduled activities
 - Large group
- Use of volunteers
- Educational Institutions

Clinical Outcomes...

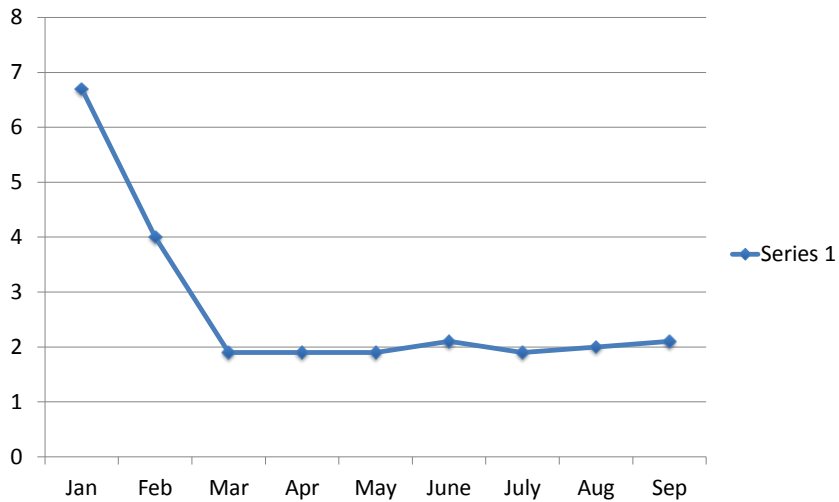
- Antipsychotics: National, Regional, State Averages...
- National: 22.8%
- Regional: 23%
- State Averages: 19.8%

The Cedars
8.8%

Our Journey....



2015 Percent Falls...



Engagement of the Arts...



- Visual
- Music
- Movement Based
- Writing
- Drawing
- Painting

All Have Positive
Clinical Outcomes....

Supporting Resident Engagement Unique Programing...

- Flower program
 - Very popular program
 - Performed weekly
 - Overseen by a florist
 - Supported by activities fund
 - Easy implementation
 - Individual, small and large group settings



Arts & Technology....

- Music and Memory Program
 - Certification needed
 - 24/7 program
 - Personalized music program using iShuffles
 - Evidenced based program
 - Easy to implement
 - Relatively low cost: depends profit /not-for-profit
 - <http://musicandmemory.org/>

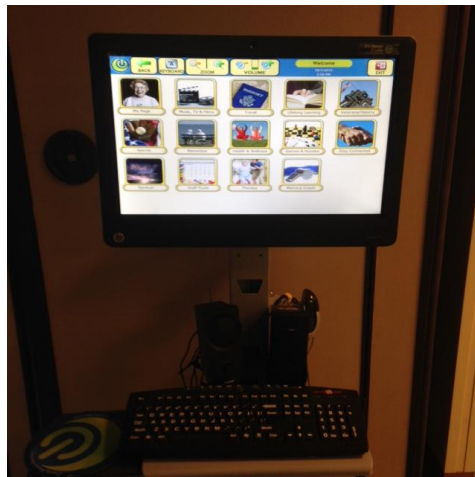
Equipment



Arts & Technology...

- It's Never 2 Late
 - Makes technology and the internet accessible to all
 - Adaptive hardware, software and content
 - Easy to implement
 - 24/7 program
 - Cost: \$2,500/yearly
 - Start-up cost: \$10,000.00
 - Can be used by Rehabilitation Therapy Department
 - My page, social, cognitive, spiritual, physical
 - <http://www.in2l.com/>

It's Never 2 Late...



The Arts...

- Opening Minds through Art
 - Evidenced-based intergenerational program
 - Certification needed : \$500.00
 - Visual art program: abstract art
 - Developed by Scripps Gerontology Center at Miami University, Ohio
 - Benefits: Expression, engagement, socialization
 - Cost: Instructor \$1,200.00, supplies \$2,000.00
 - Harder to implement
 - <http://www.scrippsoma.org/>

Opening Minds through Arts...





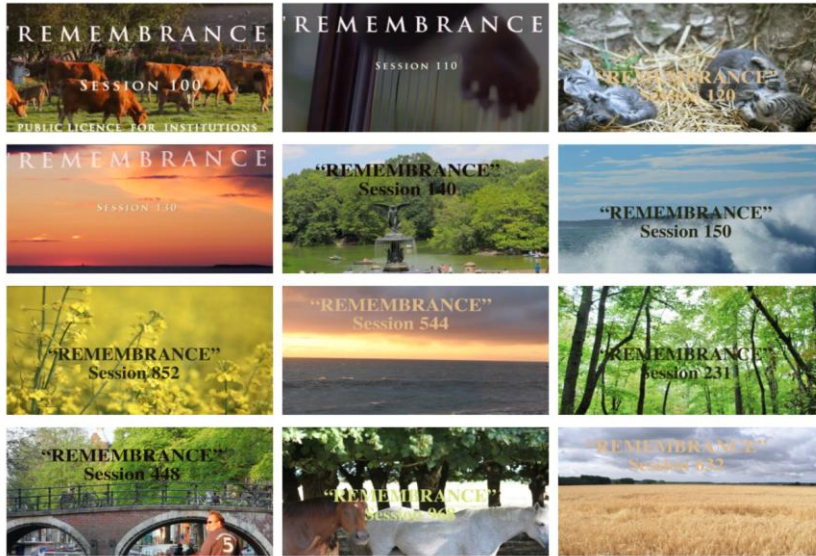
A Unique Partnership: University Support...

The Cedars will provide students a unique opportunity to spend time with other disciplines, perform a life history and medical record review, learn about geriatrics in an IL/AL/LTC setting, establish a relationship with an elder teacher and participate in The Cedars Opening Minds to the Arts program. The combination of classroom and experiential learning will provide the student with real life application and experience in the field of geriatrics. A three credit course.

Technology with the Arts...

- Memory Lane TV
 - Multi-sensory & interactive film collection
 - Video, music, photography, recorded sounds and aromas
 - Stimulate recollection, enhances socialization
 - Easy to implementation
 - 24/7 intervention
 - Requires some training
 - Cost: \$180 memory stick, sent boxes \$300.00, plus TV
 - ? Monthly subscription
 - <http://memory-lane.tv/>

Memory Lane TV...



Resident Benefits: Improved Quality of Life...

- Mood
 - Decrease anxiety, agitation, depressive statements
- Alertness
 - Decreased somnolence
 - Increased eye contact, ability to attend to task
- Engagement
 - Decreased restlessness
 - Singing, smiling
- Socialization
- Conversation
 - Reminiscence
 - Positive Redirection
- Activity
 - Therapeutic exercise
 - Self-feeding
- Diversion
 - Stable mood during increased activity in environment
 - Bereavement
- Identity
 - Person-centeredness

Staff & Facility Benefits...

- Staff
 - Supportive environment
 - Anticipating needs
 - More efficient
 - Strong relationships
- Clinical
 - Quality of Care: Antipsychotics/Falls
- Facility
 - Increase referrals
 - Increase retention
 - Better quality outcomes

Covering Costs...

- Activities Fund
- Art Show
- Community Outreach Activities
 - High Schools; ishuffles
- Fund Raising Activities
 - Auxiliary Support
 - Individual Interest
- University Support

Contact....

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Questions