

Feeding The Senses

INTEGRATING TR NUTRITIONAL SETVICES
AND CREATIVE ARTS IN DEMENTIA CARE

Presented by:

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**INNOVATIVE PROGRAM
OF THE YEAR
2002**

**New York State Therapeutic Recreation
Association
NYSTRA**

Feeding The Senses

- To sustain the nutritional status of dementia residents.
- To plan appropriate nutrient dense meals and snacks.
- To foster social, emotional, physical & cognitive functioning.

PRESENTING PROBLEMS

- **Decreased attention.**
- **Increased wandering & agitation (results in risk for weight loss & dehydration; risk of falls; risk of fatigue).**
- **Lack of cognitively appropriate activities in congregate setting.**
- **Lack of desire to eat & consume nutritious snacks.**

PRESENTING PROBLEMS

- **Traditional nutritional interventions
ie: pharmaceutical supplements may
interfere with meal intake.**
- **Utilizing nutraceuticals foods to
enhance variety of texture/flavor for
meals & snacks.**

IMPROVING QUALITY OF LIFE

- **Art, Music, Dance, Reality Orientation, Pastoral Care, Pet Therapy & Therapeutic Recreation Programs are designed to improve social interaction and cognitive functioning and to encourage the consumption of snacks.**



INTEGRATING SOCIALIZATION ACTIVITIES WITH SNACKS

- This is an interdisciplinary program initiated and designed to maintain optimal nutrition/hydration status of dementia residents.
- Incorporating nutrient dense snacks and scheduled Therapeutic Activities has resulted in improved health status.

FOR MORE INFO...

www.naturalhealthalt.com/alzheimers.html

<http://members.aol.com/ctgabe/booksalz.htm#a2>

DESCRIPTION

- **Project has been conducted for one year.**
- **Music therapy, dance therapy, art therapy horticultural therapy, recreation therapy, pastoral care and nutrition combine to yield efficacy based outcomes.**
- **Residents engage in daily activities to enhance their quality of life.**

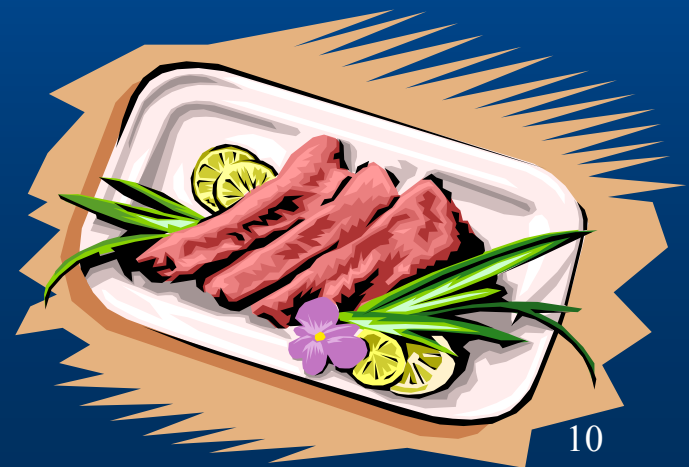
PLANNING THE MENU



- **Nutriceuticals - enables use of calorie dense/protein enhanced foods/fluids.**
- **Select food items that can easily be incorporated into your facility's menu.**
- **Taste testing for ALL products.**

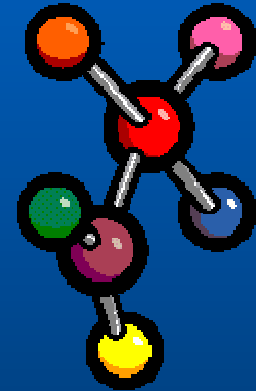
PLANNING THE MENU

- Protein/calorie enhanced, ready to serve - potatoes, cereals, juices, ice creams, cookies.
- Consider modifying recipes utilizing modular supplements.



COMPARATIVE ANALYSIS

- Strengths - positive status for many residents re: intake/weight trends
- Total Population - 73
- 14 GT fed/55 orally fed/6 hospital



COMPARATIVE ANALYSIS

- Intake ~75% w/stable wt. 18
- Intake ~75% w/wt. gain 6
- Intake ~75% w/wt. gain 8
(undesirable)
- Intake Inc. ~50% w/stable wt. 5
- Intake Inc. 50-75% w/wt. gain 2
- Intake ~75% w/pos. wt. loss 5
(6 hosp. & 5 w/progressive decline)

COMPARATIVE ANALYSIS

- Total Supplement provided 31
- Supplement reduced 13
- Supplement discontinued 8
- Supplement added due to unplanned rapid weight loss 2
- 68% reduction of pharmaceutical supplements

COMPARATIVE ANALYSIS

- **Therapeutic Recreation Activities**
 - Art, Music, Dance, Movement, Pastoral Care,
 - Reality Orientation & Pet Therapy
- **Enhance attention during snacks**
 - Focus on completing tasks during activities
 - Provide encouragement & praise
 - Assist as per individual needs

FOR MORE INFO...

<http://www.alzforum.org/>

<http://www.tlchoices.com/>

ART THERAPY



- Is that imaginative, creative expression, that is in itself, a source of growth and sustenance and can be a language of communication in the every day life of residents diagnosed with Senile Dementia of the Alzheimer's Type .
- Helps those residents who are less able to express their thoughts and feelings in words and are closer to the more primitive expressions of themselves through art.
- Is a process which fosters attention, spontaneity and originality of expression.

ART THERAPY ACTIVITIES

- Foam sculpture
- Jackson Pollock
- Travel Collage
- Paper Mache' Bracelets
- Decorating Bracelets
- Mandala Painting
- Bird Coloring

- Stamp Painting
- Painting Shells



Art Samples:

- note the color
- note the control
- note the stereotypic themes

MUSIC THERAPY



- Music Therapy in Dementia Care is a means of improving memory, health and identity in those suffering from dementia - particularly the Alzheimer's type.
- Explores the issues which may arise in working with this group, such as coping with wartime memories, facilitates and enables communication through sound and movement.

MUSIC THERAPY

- Through the music therapy sessions, residents are able to hum melodies after being given the name of a song. Their general attitude "brightens" and they appear able to better express themselves through music after the sessions.



MUSIC THERAPY



- Singing is led by a music therapist, and the residents are encouraged to join in singing. Participation is highest when a drum is placed in resident laps.
- There tends to be less participation in singing exercises without such props.
- Finally, participation seems to decrease as dementia progresses.

MUSIC THERAPY



- The residents were observed in activities before and after therapy sessions in order to determine if there was an increase in socialization after a music therapy session. All residents increased social interaction and decreased in non-social interaction. After a few sessions, all patients participated enthusiastically in sessions.

DANCE & MOVEMENT THERAPY

- The psychotherapeutic use of movement as a process which features the emotional, cognitive and physical integration of the individual.

- Uses sensory and relationally oriented Dance/Movement therapy.



- Program was created in relation to the resident's needs and the unit's structure & culture.

- Program has a two prong approach...

DANCE & MOVEMENT THERAPY

- The first prong provides a group experience. Sessions are approximately 45 minutes long.
- The second prong provides individual sessions at bedside 5-15 minutes long.
- Individual dance/movement therapy allows flexibility to respond to the changing nature of the units.

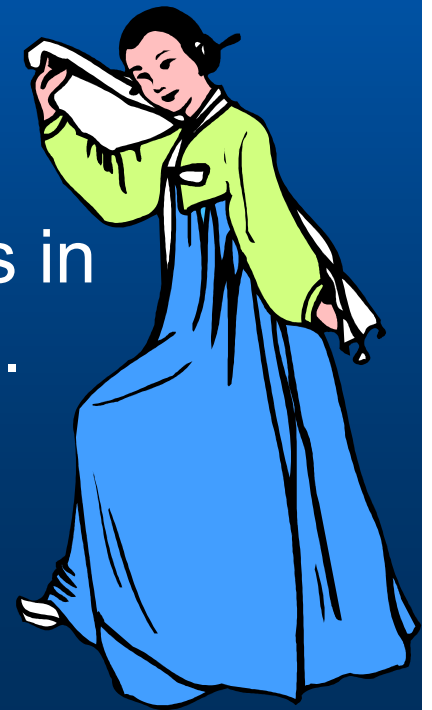


DANCE & MOVEMENT THERAPY

- Critical processes include: ritual to create consistency and bridge between the known & unknown; reminiscence to re-inform residents of their own story, including the physical, emotional, & cognitive accomplishments & losses; shared movement & touch to increase awareness of self, others and the environment; and to help organize both thinking and action...

DANCE & MOVEMENT THERAPY

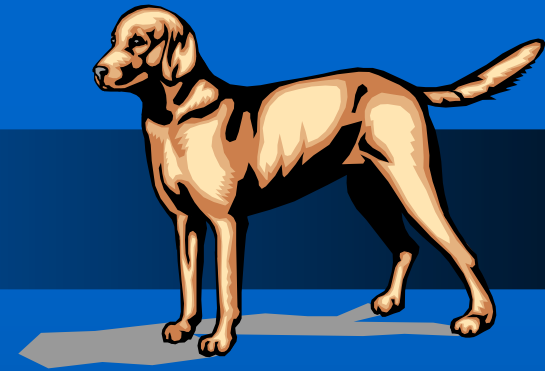
- Rhythmic music and movement creates an outlet for vitality and expression of emotion; and consistent leadership is a means of integrating a constant and safe familiar object.
- Residents show the ability to join others in rhythm, shared movement and dancing.



DANCE & MOVEMENT THERAPY

- No formal evaluation has yet been conducted to establish the long-term effects of dance/movement therapy.
- Regardless, its application in this setting appears to aid the residents in adjusting to their current reality and in finding moments of peace, dignity, connection & joy.

Recreation Therapy



- Redirects residents toward past leisure experiences.
- Helps residents maintain a sense of self through career and or family identifiers.
- Provides structure to daily routine.
- Fosters cohesive groups.
- Lends itself to individual needs.
- Provides setting for family supports.

Recreation Therapy



- **Coordinates program schedule with nutritional services & nursing.**
- **Schedules weekly program plans.**
- **Documents resident progress in chart, maintains statistics.**
- **Encourages facility wide participation in general programs off the unit.**

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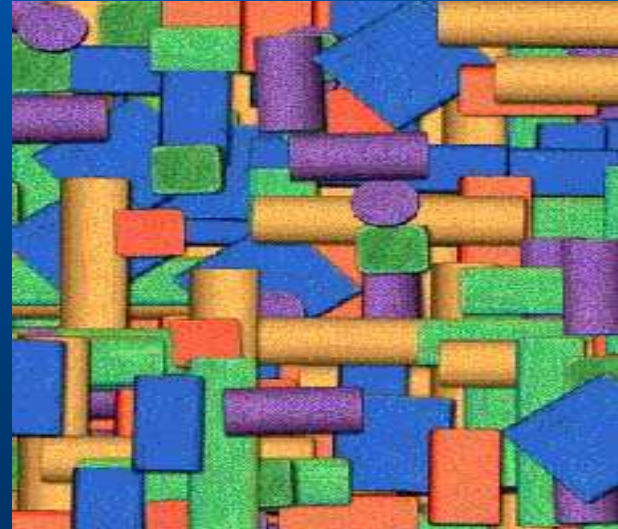
- By combining creative arts therapies, therapeutic recreation and nutrition we stimulate the senses in such a manner that eating becomes secondary to active participation.
- Facilitates creative expression in people who either are nonverbal or have deficits in communication skills.
- Provides the opportunity for experiences that open the way for and motivate learning in all domains of functioning.
- Creates the opportunity for positive, successful and pleasurable social experiences not otherwise available to them.

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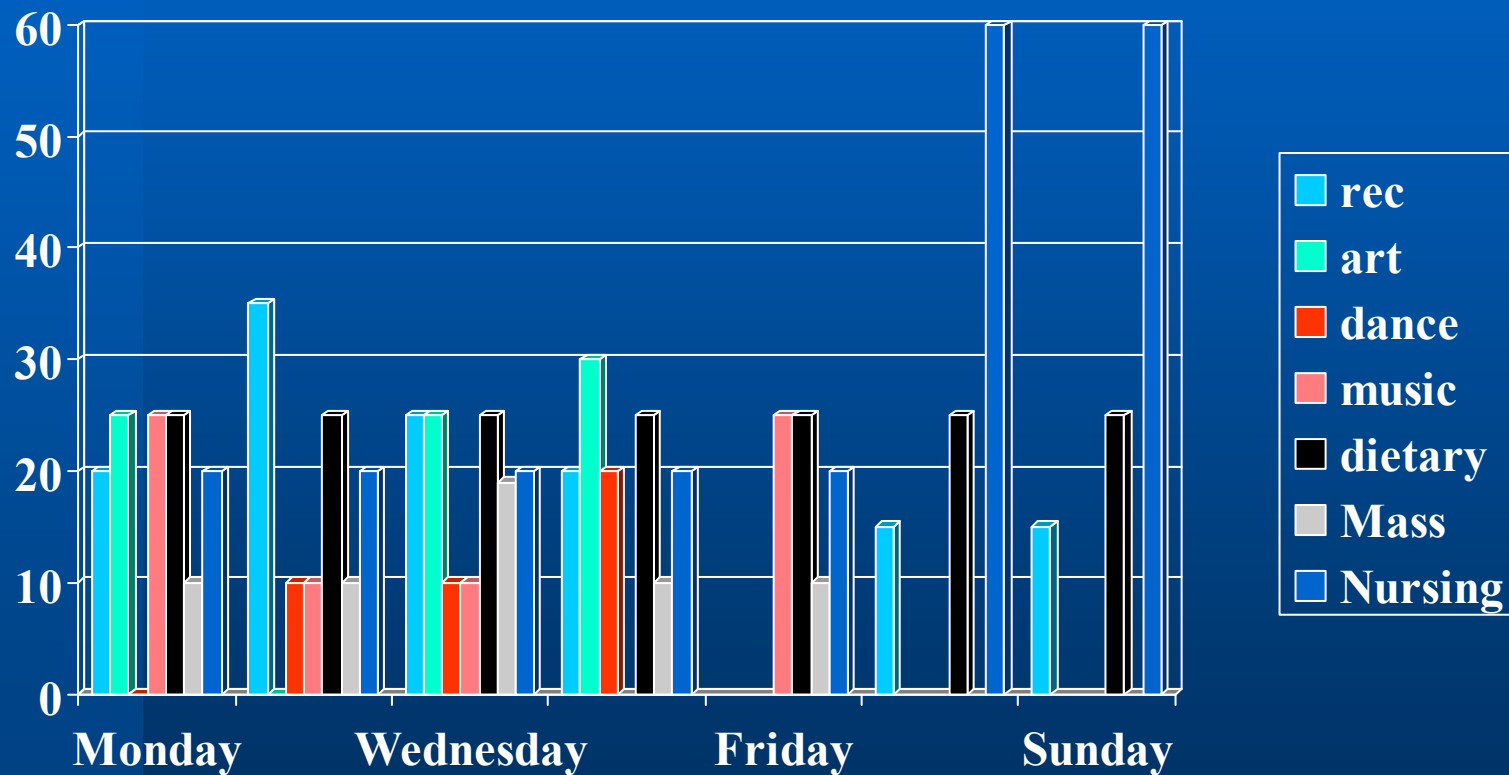
- To improve self-image and body awareness
- To increase communication skills
- To increase the ability to use energy purposefully
- To reduce mal-adaptive (stereotypic, compulsive, self-abusive, disruptive, perseverating, & impulsive) behaviors
- To increase interaction with peers and others
- To increase independence and self-direction
- To stimulate creativity and imagination
- To enhance emotional expression and adjustment

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- To increase attending behavior
- To improve fine and gross motor skills
- To improve auditory, tactile, oral, olfactory and visual perception



Weekly Program Statistics



TEAM/RESOURCES

- Resources allocated to this project
 - Dietitian - assesses nutritional needs
 - Recreation Therapist, Dance Therapist,
 - Music Therapist & Art Therapist
 - Certified Nurses Aides
 - Pastoral Care Chaplain



PROJECT REVIEW



- **Mainstreaming of residents**
- **Program expansion to include early onset dementia residents**
 - walking program initiated
 - horticultural therapy to begin
 - biographical histories of each resident

FOR MORE INFO...

<http://www.alzheimers.org/>

<http://www.recreationtherapy.com/rt.htm>

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- Funding Provided by:

THE UNITED HOSPITAL FUND

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