

THERAPEUTIC ENGAGEMENT

What is it? Why is it different?

ACTIVITIES

Definition: according to CMS: "Activities refer to any endeavor, other than routine ADL's in which a resident participates that is intended to enhance his/her sense of well-being and to promote or enhance physical, cognitive, and emotional health. These include, but are not limited to, activities that promote self-esteem, pleasure, comfort, education, creativity, success, and independence."

TYPES OF ACTIVITIES THAT CREATE BALANCE IN A PERSON'S LIFE

1. Productive – feeling useful, needed and successful
 2. Leisure – relaxation, entertainment, fun
 3. Self-Care – activities of daily living
- } daily routine should include all of these

ENGAGEMENT

Definition: NOUN: an act or condition of being activated or becoming operational;

VERB: - to engage: to involve or become involved in something – an activity; to bring something together and cause something to "interlock" (connect).

THERAPEUTIC

Definition: NOUN: relating to, involving, or used in the treatment of disease or disorders; working or done to maintain somebody's health; healing, beneficial, restorative, remedial.

THERAPEUTIC ENGAGEMENT: A treatment for a person with dementia to help that person maintain optimal cognitive and psychosocial health by creating an opportunity for connection that activates their retained abilities (brain exercise).

PRINCIPLES FOR THERAPEUTIC ENGAGEMENT

1. Adaptive – creates success at different levels of ability
2. Repetitive – creates success through familiarity of a routine
3. Multi-sensory – creates success by utilizing different parts of the brain
4. Dignified – creates success by being person appropriate

STRATEGIES FOR A THERAPEUTIC ENGAGEMENT PROGRAM

ASSESSMENT: cognitive, functional, preferences (past and present), present interests – to find ability level

TYPES OF SESSIONS: social, intellectual, sensory, spiritual/cultural, physical (creates daily, familiar, repetitive routine)

ADAPT FOR ABILITIES: goals for each session, task segmentation during session, skills (retained abilities) practice

ENGAGEMENT PLAN: participation (not attendance) that is outcome based – scored against the goals of the session

ENGAGEMENT vs ENTERTAINMENT – productive activity that creates the opportunity for brain exercise regardless of ability level VERSUS entertainment that creates passive responses in some or all participants.