



Labor Management Project

Therapeutic Recreation as a Resident Right

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Quality Care Community
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Objectives

Upon completion of this workshop participants will be able to:

- List how regulatory and survey changes affect recreation program offerings
- Explore how meaning and therapeutic recreation are intertwined
- The Labor-Management Project will have piloted meeting activities from a labor-management guide



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This Project

- The United Hospital Fund has provided a grant to the LMP to produce two guides:
 - Getting Started
 - Activities (formal name TBD)
- Guides intended to be used by labor-management committees wishing to institute culture change/resident-directed care



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Meaning

- What is “having meaning in one’s life”?



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Why Activities? Why Now?

- MDS 3.0
- QIS Survey
- CMS Interpretive Guidelines (released 2009)



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MDS 3.0

How important is it to you to:

- have books, newspapers, and magazines to read?
- listen to music you like?
- Be around animals such as pets?
- keep up with the news?



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MDS 3.0

How important is it to you to:

- do things with groups of people?
- do your favorite activities?
- go outside to get fresh air when the weather is good?
- participate in religious services or practices?



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QIS Survey

- October 2010
- Covers many aspects of care and life
- One on one interviews
- Residents/families



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QIS Survey—Activities

- Do you participate in any of the organized activities here?
- Do the organized activities meet your interests?
- Do you receive assistance for things you like to do, such as supplies, batteries, books?
- Are there activities offered on the weekends, including religious events?
- Are there activities available in the evenings?



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CMS Guideline: Dignity

“The facility must promote care for residents in a manner and in an environment that maintains or enhances each resident’s dignity and respect in full recognition of his or her individuality.”

The logo features a yellow crescent moon on the left, with a yellow starburst or sunburst shape positioned above it. The text "Labor Management Project" is written in a bold, yellow, sans-serif font to the right of the graphic.

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CMS Interpretive Guideline: Dignity

- Focuses on concepts such as privacy and choice
- States: “Dignity” means that in their interactions with residents, staff carries out activities that assist the resident to maintain and enhance his/her self-esteem and self-worth
- Is this accomplished through recreation?



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Dignity and Activities

How do activities provide dignity?



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CMS Guideline: Self-Determination and Participation

The resident has the right to—

- 1) Choose activities, schedules and healthcare consistent with his or her interests, assessments, and plans of care;
- 2) interact with members of the community both inside and outside the facility; and
- 3) make choices about aspects of his or her life in the facility that are significant to the resident.



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CMS Interpretive Guideline: Self-Determination and Participation

- Each resident has autonomy regarding what they feel is important
- Covers many types of choices
- Preferred activities whether a formal program or self-directed

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Meaning in My Life

- Separate into pairs (labor and management, if possible)
- Interview each other:
 - What things or activities provide meaning in your life?
- Prepare to introduce each other to the larger group and to list partner responses

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Which of these

Are available in your home?
are not available in your home?



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Spontaneity: Self-directed Activities

- Think of the resident who prefers solitary, self-directed and/or spontaneous activities
- Think of your home
- What types of activities are available for this resident?



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Learning Circle

What one thing can you start on the job tomorrow that will increase resident choice in activities?