



## **Policy and Procedure Dementia Care Meaning-Full Days Program**

**Title: Meaning-Full Days Program**

**Effective: October 2025**

**Reviewed: October 2025**

**Document No.: 11-100**

**Accountability: Meaning-Full Days Coordinator**

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**Background:** MN Statute 144G.84

**Policy:**

The purpose of the Meaning-Full Days Program is to deliver memory care with a holistic focus, fostering meaningful engagement within an enriching environment. Through collaboration and active family participation, the program aims to promote the highest quality of life and care for each individual. More than just a program, it's a philosophy rooted in understanding the realities of cognitive decline—one that prioritizes safety, dignity, and the preservation of quality of life.

Grounded in the belief that every individual deserves connection, comfort, and purpose, Meaning-Full Days integrates structured daily routines, sensory-rich environments, and personalized activities to support the mind, body, and spirit. Residents experience purposeful, joyful moments through visual cues like personalized posters and shadow boxes, calming sounds such as era-appropriate music, and therapeutic scents like lavender and rosemary—all thoughtfully incorporated to enhance orientation and emotional well-being.

Central to the program is a strong culture of collaboration. Families are active partners in care, and team members across all departments work together to honor each resident's unique life story. Through this unified effort, Meaning-Full Days creates a true sense of home—where individuals feel known, supported, and empowered to live each day with meaning.

## **Importance of Coordinator Role**

The Meaning-Full Days Coordinator plays a vital role in supporting the quality of memory care services by championing a person-centered approach that honors dignity, promotes engagement, and enhances the overall well-being of residents living with dementia. This position is not just a job—it's a mission-driven role that bridges compassionate care with evidence-based practices to create a vibrant, supportive environment for both residents and staff. The coordinator is responsible for these four aspects of the program's success:

### *1. Program Implementation & Advocacy*

At the heart of the role is the implementation of the Meaning-Full Days Program, a structured yet flexible framework designed to enrich daily life for memory care residents. The coordinator ensures that the program's philosophy—centered on meaningful engagement and respect for individual identity—is fully understood and embraced by all team members. By maintaining a clean, safe, and dementia-friendly environment and collaborating with clinical, housekeeping and dietary teams, the coordinator helps create a holistic atmosphere where residents feel secure, valued, and at home.

### *2. Team Coaching & Training*

The coordinator serves as a mentor and educator, equipping direct care staff with the tools, techniques, and confidence needed to deliver exceptional dementia care. Through ongoing training and modeling of best practices, they foster a culture of empathy and responsiveness. Their leadership directly contributes to reducing challenging behaviors and increasing positive interactions, which in turn improves staff morale and retention.

### *3. Resident Engagement*

A core responsibility of the coordinator is to design and facilitate meaningful activities that align with each resident's cognitive and physical abilities. These activities—ranging from sensory stimulation to social interaction and physical exercise—are thoughtfully integrated into the daily rhythm of care. This consistent engagement not only enhances residents' quality of life but also supports cognitive function, emotional stability, and physical health.

### *4. Monitoring & Documentation*

The coordinator plays a key role in tracking resident participation, behavioral changes, and overall program effectiveness. By collaborating with clinical staff and analyzing data such as incident and fall reports, they help identify trends and make informed adjustments to care routines. This proactive approach ensures that the program remains dynamic and responsive to residents' evolving needs.

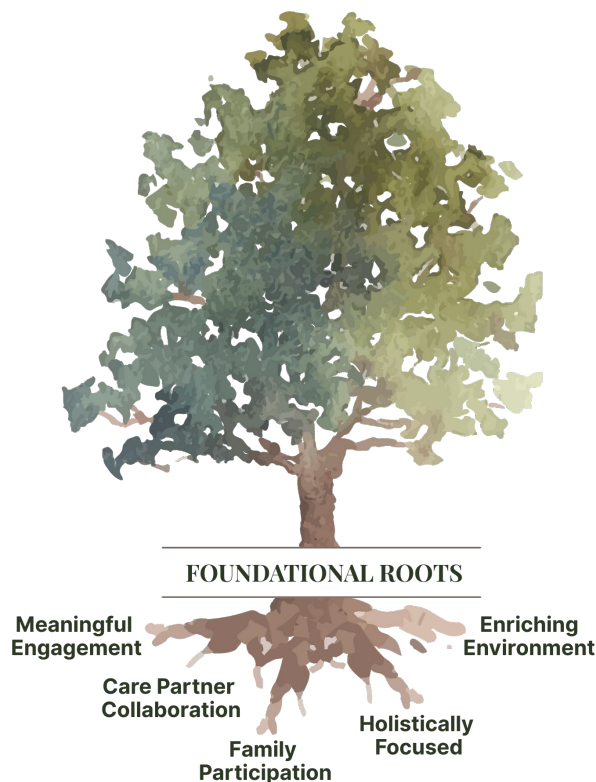
### Foundational Roots-The Why

At the core of our Memory Care Program is a deep commitment to honoring each person's unique journey. Our foundation is built on the why for the programming in our memory care neighborhoods.

We prioritize *Meaningful Engagement*, creating opportunities for purposeful activities and heartfelt interactions that foster purpose, joy, and connection. Our *Enriching Environment* is thoughtfully designed to be safe, soothing, and stimulating, supporting overall well-being.

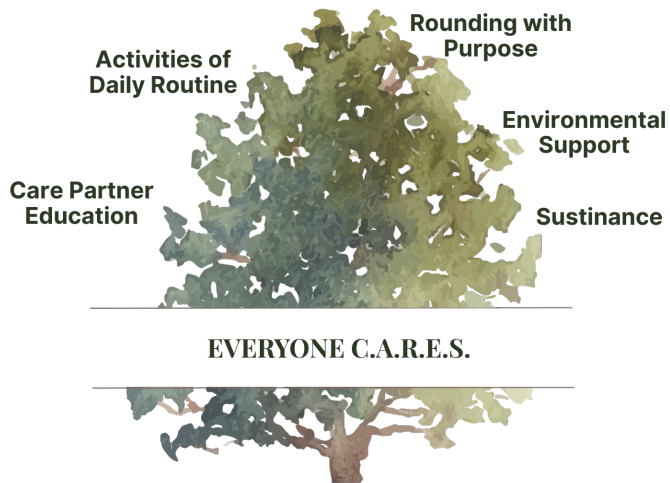
We embrace *Family Participation*, nurturing strong partnerships with loved ones to ensure continuity, trust, and shared understanding throughout the care experience. With a *Holistically Focused* approach, we care for the whole person—mind, body, and spirit—recognizing and celebrating each resident's individuality.

Finally, through *Care Partner Collaboration*, our dedicated team works together to meet personal needs and honor individual values, creating a truly person-centered model of care.



### The Everyone C.A.R.E.S. Practice-How

The Foundational Roots of our Memory Care Program—Meaningful Engagement, Care Partner Collaboration, Family Participation, Holistically Focused, Enriching Environment—are not just ideals. They are the underground principles that come to life through the branches of tree. The branches are visual representation of the Everyone C.A.R.E.S. Practice, the how of the program which guide our hands-on approach to care in the Meaning-Full Days program.



To ensure our care is consistently person-centered and deeply meaningful, we practice Everyone C.A.R.E.S.:

*C – Care Partner Education*

*A – Activities of Daily Routine*

*R – Rounding with Purpose*

*E – Environmental Support*

*S – Sustenance (Nourishment)*

(See 11-100a Everyone CARES)

### **Care Partner Education**

This program is designed to empower care partners with the knowledge and tools necessary to foster meaningful engagement and deliver personalized, dementia-informed care.

#### *Definition of Care Partners:*

Care partners include anyone—staff, family members, or others—who maintains a collaborative relationship with an individual living with dementia.

#### *Family Involvement Prior to Move-In:*

From the beginning of the resident’s journey, families play a vital role in equipping the community with insights into their loved one’s life. This is achieved through the comprehensive completion of the resident’s biography and personal history, which informs individualized care planning.

### *Training for Meaning-Full Days Coordinators:*

Within the first year, the MFDC will complete training to become a Certified Dementia Practitioner and Certified Support Group Facilitator through the National Council of Certified Dementia Practitioners (NCCDP) <https://www.nccdp.org/cdp/> . This certification provides advanced knowledge and skills for supporting individuals living with dementia.

### *Quarterly Education for Care Partners:*

As an MFDC you are responsible for hosting ongoing in-service education onsite quarterly to all care partners. These in-services to ensure dementia-friendly approaches are consistently practiced. Support groups have agendas with educational topics, as well as time to offer facility suggestions and feedback. The quarter follows these core topics which are then covered annually:

1. Understanding Dementia-Related Behaviors
2. Effective Communication Strategies
3. Techniques to Promote Comfort and Reduce Agitation
4. Enhancing Quality of Life for Residents and Care Partners

### Monthly Dementia Support Groups:

As the Memory Care Director (MFDC), you are responsible for facilitating monthly Dementia Support Group meetings for families and loved ones within the community. These sessions provide a supportive environment to share experiences, gain insights, and foster connection. The Dementia Support Group Facilitator Guide serves as a comprehensive resource to assist in planning and leading each meeting effectively. (See 11-100b Facilitator Guide, 11-100c Education and Support Groups)

### Activities of Daily Routine

Integrating purposeful activities into daily routines that foster purpose, joy, and connection—for memory care residents who thrive on consistency and person-centered structure. Each day is thoughtfully divided into Core Blocks, designed to offer a rhythm of care:

Morning Start
Midday Pulse
Afternoon Flow
Evening Calm

To ensure compliance with regulatory standards, Weekly Block Calendars must be developed one month in advance. All calendars are subject to review and approval by the Health and Wellness Director prior to being

posted. In accordance with the 7-day posting rule, calendars must be finalized and displayed at least seven days before the start of the scheduled week.

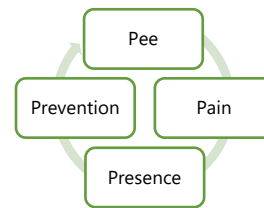
Seasonal activities must be incorporated into the calendars as appropriate, reflecting relevant holidays, weather changes, and community traditions to enhance resident engagement. (See 11-100d Core Block Calendar)

### **Rounding with Purpose**

Our resident care specialists hourly rounding builds in intentional check-ins that prioritize emotional well-being, safety, and personalized support.

#### *Hourly Rounding “4 Ps”*

- Pee – Bathroom needs
- Pain – Comfort check
- Presence – Emotional connection
- Prevention – Safety and well-being



(See 11-100e Making “4Ps” Purposeful with Meaning-Full Moments)

### **Environmental Support**

Our memory care communities are thoughtfully designed to meet the unique needs of individuals living with memory loss. These environments prioritize comfort, accessibility, and meaningful living, while also incorporating essential safety and security features. Each neighborhood includes discreet monitoring systems, secured entries and exits, and clearly marked pathways—all integrated in a way that preserves residents’ sense of freedom and autonomy, while ensuring their overall well-being.

### **Sustenance (Nourishment)**

We are committed to providing nourishing meals and hydration that honor individual preferences, dietary needs, and cultural significance. Our approach supports both physical health and emotional well-being through thoughtful planning and consistent delivery.

<i>Hydration</i>	<i>Snack</i>	<i>Meals</i>
<ul style="list-style-type: none"> <li>• Offer a hydration station include infused waters, herbal teas, or other resident-approved beverages</li> <li>• Staff are encouraged to offer water in a friendly, engaging manner, using cups or bottles that are easy to hold and visually appealing</li> </ul>	<ul style="list-style-type: none"> <li>• Snack times are also opportunities for social engagement and sensory stimulation. Nutritious snacks are offered between meals, with a focus on: <ul style="list-style-type: none"> <li>• Seasonal fruits and vegetables</li> <li>• Protein-rich options such as meat and cheese, yogurt, nuts (as appropriate), and boiled eggs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Meals are offered on a visual menu that offers residents choice</li> <li>• Meals are served in a dementia-friendly setup, which includes: <ul style="list-style-type: none"> <li>• High-contrast plates and utensils to support visual recognition</li> <li>• Simple, uncluttered table settings to reduce confusion</li> <li>• Encouragement and assistance as needed to promote independence</li> <li>• Desserts are offered after meals, allowing residents to enjoy a complete dining experience while supporting appetite and satisfaction</li> </ul> </li> </ul>

(See 11-100f Support During Meal-Time)

### Role Definitions and Responsibilities

A successful Meaning-Full Days program is built on the foundation of whole-team collaboration. Every staff member—from leadership and nursing to direct care and support teams—plays a vital role in creating a holistic, engaging, and person-centered environment. Collaboration ensures that meaningful moments are not isolated events but part of a consistent, shared culture of care. When all departments communicate openly, share observations, and contribute to the daily routines and activities, residents experience a deeper sense of purpose, connection, and joy. This unified approach fosters trust, enhances care quality, and empowers staff to work together toward the common goal of enriching the lives of those we serve.

### Role Clarity

<i>Team</i>	<i>Role for Meaning-Full Days</i>
<i>Leadership Team</i>	<ul style="list-style-type: none"> <li>• Understand and demonstrate the implementation of the program</li> <li>• Build program language into daily interactions with staff, residents and families</li> <li>• At least one <i>Meaning-Full Moment</i> brought to L10</li> </ul>

<p><i>Nursing Team</i></p>	<ul style="list-style-type: none"> <li>• The Memory Care RN Care Manager will attend a weekly program review meeting led by the MFDC</li> <li>• During every 90-day resident reassessment, the RN will collaborate with the MFDC to ensure the resident’s care plan is current, including:             <ol style="list-style-type: none"> <li>1. Information about program attendance</li> <li>2. Updated interventions to promote psychosocial well-being</li> <li>3. Each resident will receive a <i>Meaning-Full Moment</i> daily with the MFDC</li> <li>4. When the MFDC is not on site or during after-hours, the Resident Care Specialist staff will provide the <i>Meaning-Full Moment</i></li> </ol> </li> <li>• Build program language into daily interactions with staff, residents and families</li> </ul>
<p><i>Health &amp; Wellness Director (HWD)</i></p>	<ul style="list-style-type: none"> <li>• Education and training to leadership, nursing, and MFDC in coordination with the Program Developer (OT)</li> <li>• Build program language into daily interactions with staff, residents and families</li> <li>• Oversee goals, review goals, and develop plans for improvements</li> </ul>
<p><i>Meaning-Full Days Coordinator (MFDC)</i></p>	<ul style="list-style-type: none"> <li>• Lead the Meaning-Full Days program at the site, understanding and embodying the full culture of excellence in Memory Care</li> <li>• Complete new admission interest assessment within 7 days of admit per policy 14-200</li> <li>• Implement Core Blocks Calendars</li> <li>• Responsible for purchasing supplies/kits</li> <li>• Family walk-through during move in</li> <li>• Place together “Get to Know Me” and room navigation poster prior to move in</li> <li>• Carry out <i>Meaning-Full Moments</i> and tracking             <ol style="list-style-type: none"> <li>1. Follow-up with carryover of Meaning-Full Moments on weekends and collaborate with nursing</li> </ol> </li> <li>• <b>Hold</b> weekly program review meeting with Memory Care Registered Nurse:             <ol style="list-style-type: none"> <li>1. Identify behavior trends</li> <li>2. Evaluate the effectiveness of non-pharmacologic interventions</li> <li>3. Review the use of psychotropic medications (scheduled and unscheduled)</li> <li>4. Monitor program and activity attendance</li> </ol> </li> </ul>



	<p>5. Review goals, evaluate resident responses to programs, and determine if changes are needed</p> <ul style="list-style-type: none"> <li>• Following each program meeting, the MFDC will document a weekly summary of the behavior review in the resident record</li> <li>• Hold monthly support groups</li> <li>• Build program language into daily interactions with staff, residents and families</li> </ul>
<i>Resident Care Specialist</i>	<ul style="list-style-type: none"> <li>• Hourly rounding of the “4 Ps”</li> <li>• “Get to Know Me” review for accuracy and up-to-date</li> <li>• When the MFDC is not on site or during after-hours, the Resident Care Specialist staff will provide the <i>Meaning-Full Moment</i></li> <li>• Engage in resident spontaneous and group led activities</li> <li>• Build program language into daily interactions with staff, residents and families</li> </ul>

### Community and Residents Routine Framework

The idea of the Meaning-Full Days is to create moments of purpose, joy, and connection on a routine basis. We do this by helping their new place of residence feel as similar to home by encouraging their roles within the memory care community. Staff and residents become one intermingling unit rather than staff running the resident’s home.

Our approach to community and resident routines is centered around four Core Blocks that shape the rhythm of each day: Morning Start, Midday Pulse, Afternoon Flow, and Evening Calm. These thoughtfully designed time blocks provide a consistent structure that supports both personalized care and meaningful group engagement.

Within each Core Block, residents receive their Activities of Daily Living (ADLs) in a way that is naturally woven into the flow of the day. This integration ensures that care is not only reliable and supportive but also enriched with Meaning-Full Moments—intentional opportunities for connection, purpose, and joy.

(See 11-100g 10 Core Block Activities)

### Meaning-Full Moments

*Meaning-Full Moments* are the heart of our approach. They transform routine into ritual, and care into community. Whether it’s a shared laugh over morning coffee, a spontaneous dance during midday music, or a quiet reflection at sunset, these moments foster emotional well-being and a sense of belonging.

This concept comes to life when staff ask for participation and engage residents in routine tasks on a regular basis. Examples include:

- Residents helping with pushing the water pass cart
- Residents sweeping, dusting, or folding
- Leading groups such as singing or praying

- Holding tools to help maintenance
- Participating in simulated or actual clerical work like stuffing envelopes or passing out newsletters
- Housekeeping, kitchen, caregivers ideas

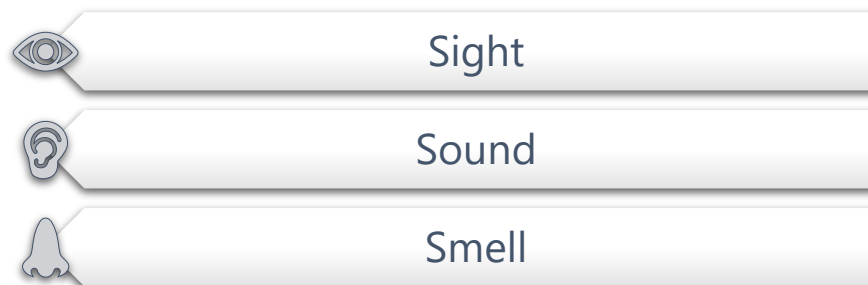
The list is endless of how to engage residents. The understanding is that any task a staff member does throughout the day, they are thinking of how they could promote a sense of purpose for a resident.

(See 11-100h Rhythm Core Block and 11-100i Meaning-Full Moments)

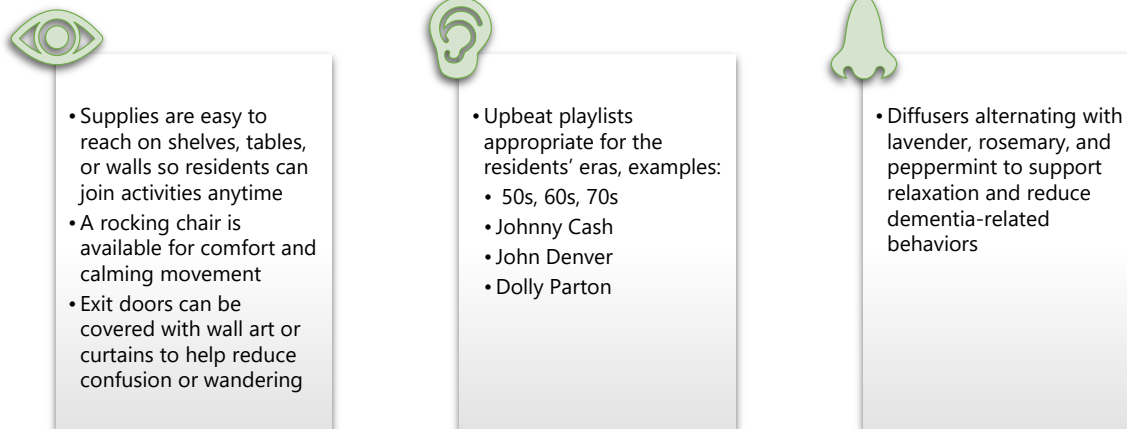
### Environmental Set Up Through Senses

The environment plays a critical role in shaping the daily experience of residents in memory care. A thoughtfully designed space engages the senses—sight, sound, and smell—to promote comfort, orientation, and emotional well-being. Visual cues such as shadow boxes, personalized posters, and seasonally themed décor help residents navigate and feel connected to their surroundings. Soothing sounds like soft instrumental music during meals and nature-inspired playlists in communal areas foster calm and familiarity. Aromatherapy using lavender, rosemary, and peppermint supports relaxation and can reduce dementia-related behaviors. Together, these sensory elements create an enriching atmosphere that encourages meaningful engagement and enhances quality of life.

*Let's discover the sensory set up space by space.*



### Communal Space



### Things to avoid:

- Black or dark rugs on the ground, as they appear as holes
- Tables and activities set up near exit doors
- Overstimulating environment; avoid overlapping senses such as music and conversations

### Outdoor Area



- Raised flower beds residents have support for planting and caring for
- Outdoor seating that is safe for socialization and engagement outside



- Natural nature sounds
- Windchimes



- Fresh air
- Flowers from raised flower beds

### Hallways



- Transition to different hallways being different neutral colors to support navigation
- Decor is changed seasonally to support orientation to the time of year
- Benches are placed in hallways
- Unused electrical outlets are covered with safety plastics
- Motion activated lights are used for common spaces



- Quiet/calm space to support navigation with reduced distraction
- Music during Midday Pulse or Afternoon Flow Core Blocks



- Smell of diffusers lingers through the hallways alternating with lavender, rosemary, and peppermint
- *See Appendix for Aromatherapy and Dementia*

## Dining



- Hand-sanitizing wipes provided, cool and stimulating to support participation in meal time
- Secured for resident safety when not in use
- Plates should be contrast in color to the table, table cloth, or placemat
- Water offered to every resident as soon as they sit to encourage hydration
- Adaptive Devices
  - *See Appendix for Support During Meal-Time*



- Soft instrumental music playing
- Mindful reduction of excess noise to support conversation



- Diffusers free to allow meal time aromas to flourish

## Resident Apartments



- Shadow boxes provided outside each door for families to place meaningful items in effort to support orientation to their room
- Individual posters/signs with the resident's name and images of their favorite things included for orientation to their space
  - *See Appendix Individualized Resident Signs*
- Activity boxes/kits
- Rummage spaces



- A music device:
  - Alexa
  - Google Home
  - Dementia Radio (on/off)
  - Simple music player



- Smell of home, asking family preferred to scents of home, option for their detergent

(See 11-100j Dementia & Aromatherapy)

## Move-In & Transition Process

### Prior to Move-In

#### *Apartment Walkthrough*

A walkthrough of the resident's new apartment is conducted with Meaning-Full Days Coordinator and family members. This helps ensure the space is set up in a way that feels familiar, safe, and supportive. To ease the transition, we recommend replicating elements from the resident's previous living environment. This is time when the MFDC can offer family the Navigating Dementia Together booklet if they have not received this during the transition.

#### *Packing List*

<i>Familiar Items</i>	<i>Furniture Setup</i>	<i>Clothing</i>
<ul style="list-style-type: none"><li>• Shower curtain, towels, and bedding that the resident recognizes</li><li>• Favorite pictures or artwork for the walls</li><li>• Toiletries and lamps that are familiar</li></ul>	<ul style="list-style-type: none"><li>• Choose minimal furniture to support safe movement, especially for residents using walkers</li><li>• Avoid clutter, as it can become part of the routine and difficult to remove later</li></ul>	<ul style="list-style-type: none"><li>• Bring only well-fitting clothes that the resident wears regularly</li><li>• If there's a favorite item (e.g., a shirt), consider bringing multiple of the same to support routine and reduce confusion</li><li>• Encouraged to label all clothing items with resident name</li></ul>

#### *Nursing Assessment*

A nursing assessment is completed to determine the level of caregiver support needed which includes a review of current medications. From this assessment a personalized care plan and service plan is created. A referral to OT is recommended for all new admissions to ease the transition. OT can collaborate with residents, family and the clinical team in areas below and much more:

- Establish daily routines
- Identify environmental and personal supports
- Promote a successful transition

### Week of Move-In

#### *Leisure Activity Inventory and Resident Bio/History*

A Leisure Activity Inventory is completed with input from both the resident and family. This helps caregivers understand preferences and dislikes. The Resident Bio/History, which follows the interest assessment may be used in the future as the resident's past resurfaces during the dementia process. From this information the Meaning-Full Day Coordinator will place together the "Get to Know Me" form, which is a cheat sheet is placed in the resident's apartment to help Resident Care Specialist quickly learn key information about the resident. Resident Care Specialist must review and update the "Get to Know Me" for accuracy purposes.

(See 11-100k Get to Know Me)

### *Personalized Room Navigation Support*

An individualized poster is created featuring:

- The resident's name
- A few of their favorite things

This visual aid helps the resident identify and navigate to their room more easily.

Examples:



### *Memory Care Neighborhood Supply & Labeling Guidelines*

To ensure consistency, organization, and ease of use across the memory care neighborhood, all designated areas will be supplied with the recommended materials list. This includes activity totes, engagement tools, and other core items essential for the Meaning-Full Days program.

#### *Tote Preparation & Labeling Instructions:*

**Clear Totes Only:** All totes used for storing and transporting materials should be transparent to allow easy visibility of contents.

**Labeling:** Each tote must be clearly labeled with:

A descriptive label indicating the contents or purpose (e.g., "Sensory Activities," "Family Engagement Tools").

The appropriate core block sticker that corresponds to the designated engagement block (e.g., "Morning Start," "Midday Pulse," "Afternoon Flow," etc.).

**Block Stickers:** These stickers help staff quickly identify which part of the Meaning-Full Days framework the tote supports. Ensure stickers are placed on the front-facing side of the tote for visibility.

#### *Flexibility & Expansion*

**Recommended List Is Not Limiting:** While a core list of supplies and materials will be provided, teams are encouraged to expand upon it based on resident needs, staff creativity, and family input.

Additional items that align with the program's goals of holistic engagement and meaningful connection are welcome and encouraged.

Staff should document any additions or modifications to help inform future updates to the supply list.

### **Environmental Supplies**

- Diffusers (Waterless only)
  - [Waterless Dual Diffuser](#)
- Hand-sanitizing wipes
- Essential Oils (Revive Oils Subscription)
  - Peppermint
  - Rosemary
  - Lavender
- Furniture & Décor
  - Rocking Chair
- Outdoor Seating
  - Umbrellas for Shade
  - Raised Flower Beds
  - Wind Chimes
- Safety & Ambience
  - Electrical Outlet Covers
  - Music Players (Alexa, Bluetooth Speaker, Radio, TV)

### **Morning Start Supplies**

#### Group or Individual Activities:

- [Dementia Friendly Conversation Starters](#)
  - Can also use ideas from ChatGPT: “Dementia-Friendly Conversation Starter”
- Daily News
  - Weather
  - National Days/Holidays
  - Schedule for the Day
  - Major (positive) current events
- Daily Affirmations
  - [Framed board](#)
  - Affirmations idea from ChatGPT: “Affirmations for Older Adults”
- Name that Tune
- Devotional
  - [Our Daily Bread](#)

### **Midday Pulse Supplies**

#### Individual Activities:

- Folding
  - Wash Cloths
  - Small Baskets
- Sorting
  - Silverware (F/S/K)
  - Erasers
  - Envelopes
  - Socks
- Cleaning
  - Dusters

- Broom & Dust Pan
- Water Spray Bottle
- Roller Vacuum (Non-Electric)

#### Group Activities:

- Trivia
  - [Trivia for Dementia](#) (FREE website)
- BINGO
  - [Let's Play Bingo](#) (FREE website)
  - [BINGO Dabbers](#)
- Art
  - [Reusable Paint with Water Pages](#)
  - [Sun Catcher Painting](#)
- Gardening
  - [Gloves](#)
  - Hand Shovel \*cheapest at local dollar store or Walmart
  - Hand Rake \*cheapest at local dollar store or Walmart
- Weight Lifting \**Check your local thrift store or marketplace as well*
  - Weights 3#, 4#, 5#, 8#, 10#
  - [Reborn Weighted Baby](#)
- Cooking/Baking
  - [Aprons](#)

#### **Afternoon Flow Supplies**

#### Individual Activities:

- [Foam Puzzle Matching](#)
- [Magnetic Tiles](#)
- [Lincoln Logs](#)
- Picture/Story Books
  - [Short Story Book](#)
  - [Dementia Friendly Picture Books](#)
  - [More Picture Books](#)
- [Fidget Apron](#)
- [Tool Set](#)
- Scent matching
  - Cotton balls

#### Group Activities:

- Balloon Badminton
  - Fly Swatters
  - Balloons
- Catch
  - [9 inch balls](#)
  - [Velcro Ball Catch](#)
- Volleyball (sitting or standing) Net
  - [Net for various games](#)
- [Ring Toss](#)



- [Large Connect Four](#)
- [Corn Hole Game](#)
- [Bowling](#)
- [Scarves for Games/Exercises](#)
- [Maracas & Bells](#)
- Travel Time
  - [Google Earth \(use street view\)](#) (FREE)
  - [Minnesota LIVE Nature Webcams](#) (FREE)

### **Evening Calm Supplies (Color Coded to HEX #6E74AB)**

#### **Individual Activities:**

- Hand massages
  - [Lotion](#)
  - [Towel Warmer](#)
- [Peg Puzzles](#)
- Art
  - Color by number
  - Color pencils

### **Tracking & Measurement**

#### **Meaning-Full Days Resident Review**

Frequency: Weekly

Leader: Meaning-Full Days Coordinator

Attendees: Health & Wellness Director, RN Care Manager Memory Care, CNS

Purpose: To review the effectiveness of the Meaning-Full Days programming for residents currently on a Behavior Management Program and/or are on psychotropic medications.

#### **Process:**

1. Select 2-6 residents residing in the Memory Care community to review. Each week, residents should be selected with the intention that all residents will be reviewed over the course of one month. For example, if there are 24 residents, select 6 residents to review each week for the 4 weeks of the month. If there are 12 residents, select 3.
2. Run the reports:
  - a. Behavior Recap Detail by Resident – Count
  - b. Behavior Plan – Assessed Needs and Services
  - c. Meds – Residents with Active PRN Psychotropics
3. Review trends from reports (increased or decreased in behaviors/medications)
4. Develop a plan for improved interventions if trends and/or outcomes are negative.
5. Complete “Meaning-Full Days Resident Review” note in Residex (complete during the meeting)

### **Rounding with Purpose**

## Hourly Rounding: The 4 P's

Complete a check-in with all residents in your assigned group for the day. During each check-in, use the 4 P's as a guide:

### 1. *Pee – Bathroom Needs*

- Ask if the resident needs to use the restroom.
- Check that they are not currently soiled.
- Offer assistance if needed.

### 2. *Pain – Comfort & Positioning*

- Ask about comfort and pain level.
- Ensure socks/shoes are on, and clothing is appropriate for the temperature.
- Check positioning—are they sitting/lying comfortably?
- Monitor the environment (temperature, noise, lighting).
- Make sure glasses are clean and hearing aids are functioning.

### 3. *Presence – Emotional Connection*

- Address the resident by name to confirm your check-in.
- Even if sleeping, quietly state your presence (residents may still hear you).
- Provide reassurance and acknowledge their needs.

### 4. *Prevention – Safety & Well-being*

- Scan the room for hazards (tripping risks, clutter, spills, old food, chemicals, cords).
- Confirm hydration is within reach (glass of water or alternative).
- Ensure call light/means to summon help is accessible.

## Meaning-Full Moments for MFDC

Ensure the resident has experienced a *Meaning-Full Moment* with staff today. This can be at a group or individual level. This ensures that every resident experiences an intentional act of service and connection to others every day.

*Meaning-Full Moments* include any of the following:

- Attending a group activity
- Participation in an individualized activity set up by staff
- Participation in time with a staff member such as a conversation, reminiscence, walk, or other activity

*Meaning-Full Moments* can be executed by any staff, reported by the person assigned the task that day.

\*Disclaimer, placing a resident in front of the television does not suffice as a meaningful interaction.

Example: Bringing a glass of lemonade to a resident who has not left their room today and engaging them in reminiscing about the pictures on their walls.