LIVING LIFE -
BRINGING WELLNESS TO
EVERY DAY

Kim Solomon
Care Coordinator & Staff Development
November 2017
 Who are We?

 Why Change?

 The Environment – Then and Now

 Our Montessori Experience

 Comfort Care – A sensory experience

 Challenges to change

 The outcomes
WHO ARE WE

- Not for Profit, Community Owned
- Rural Darling Downs
- Residential Aged Care
  - 104 Beds Funded Beds
  - 2 Respite (1x high, 1x low)
  - Palliative Care Suite
  - Allied Health
  - GP Surgeries
- Further Growth
Why Change?

- Always room for improvement
- Increased resident choice
- Everyone deserves to fit in somewhere (if they want to)
- Increase feeling of being valued
- Bring Happiness to Every Day
BEYOND 2017

Montessori +
Comfort Care +
Letters of Love +
Music & Memory +
Education +

= LIVING LIFE

bringing wellness to everyday
MONTESSORI

- Started >4 years ago
- Conferences
- Subtle changes
- Activities
- Difficulty introducing change
- Needed changed environment
OUR ENVIRONMENT – EARLY 2016
OUR ENVIRONMENT – LATE 2016
OUR ENVIRONMENT - PRESENT
New Activities
Choose a picture and match the shoes to that picture.
Dining Experience
GYM
COMFORT CARE

- Sensory Experience
- 7 Days a week
- Loving Touch
Making a Difference
RESIDENT ENGAGEMENT
The Challenges to Change

1. Status Quo/Old Way
2. Realization/Sense of Urgency
3. Resistance
4. Period of Disruption
5. Searching
6. New Understanding
7. Internalizing
8. New Way & Sustainable Results
Not everyone wants to ride the bus

- All –
  - Not wanting/able to see need to change
  - Fear

- Staff
  - Task Orientation
  - Takes extra time.....initially
  - Unfamiliar tasks
  - Extra duties

- Residents/Families
  - Institutionalisation
  - “It’s your job”
**per·sist·ence**

*per-sis-tuhns, -zis-

*noun*, to continue steadfastly or firmly in some state, purpose, course of action, or the like, especially in spite of opposition, remonstrance, etc.

*It means: progress, not perfection.*
THE BENEFITS

- Decreased agitation
- Decreased signs of depression
- Decreased skin tears of unknown origins
- Decreased aimless wandering
- Decreased repetitious behaviours
- Increased happiness
- Increased involvement
- Increased satisfaction
- Increased quality to family visits
  - “I know when my husband has not had comfort care for the day”
To Close ... Living Life in Action
Meet the Team

Esme Watson – The lovable larrikin

Shirley Dean – Tai Chi Instructor

Maggie Sloan – Dance Star Extraordinaire

Penny Cooke – Admin Superwoman

Jo Loveday – 10+ year AIN superstar
Thank you for having us.