

# SCHCA 2015 FALL ACTIVITY WORKSHOP

SEPTEMBER 15<sup>TH</sup>  
COLUMBIA CONFERENCE CENTER  
169 LAURELHURST AVE.  
COLUMBIA, SC

## Agenda

8:30-9:00	Registration & Breakfast
9:00-10:30	"Beyond MDS 3.0: Where do We Go From Here?"
10:30-10:45	Break
10:45-12:15	"Making A Difference: Therapeutic Programs in Short-Term Rehab"
12:15-1:00	Lunch
1:00-2:30	"Lifetime Expressions: Encouraging Creativity in Seniors"
2:30-2:45	Break
2:45-4:15	Education Continues

## PRESENTER: CARLA BACON SMITH, BS, RMT

Carla Smith has been working with seniors in long-term care for over 30 years. Trained as a Music Therapist, she graduated from Illinois State University with a Bachelor's Degree in Music, and was the recipient of the University's 1983 Gerontology Award. Carla has had extensive activity experience with long term care, dementia units, assisted living, luxury programs and leisure programming for short term rehab patients. She is currently the Activity Director at a 190 bed skilled care and rehabilitation facility in Elk Grove Village, Illinois. A strong believer in encouraging creativity and fine arts for seniors, Carla has presented on various creative topics to enthusiastic audiences of health care and recreational professionals across the nation, and is the author of several books including, "The Fabric of Our Lives: The Use of Textiles to Enhance Creative Programs."

[CLICK HERE TO REGISTER](#)

# ABOUT THE PROGRAMS

## “Beyond MDS 3.0: Where Do We Go From Here?”

Paperwork and assessments occupy a large amount of time in the life of a Activity Professional. Make the most of assessment time by using the information gathered to engage and motivate Residents and identify new directions for programming.

### Key Topics Covered:

- Purposeful Assessments: Forms, Analysis & Attitudes
- It's All About Style: Assessment Tools, Techniques & Tips
- Beyond the Assessment: Communication, Care Planning & More

### Objectives:

Upon completion of this session, participants will be able to:

- Recognize the potential of the assessment process as exhibited by identifying ways in which information can be used.
- Discuss the advantages of different styles of assessment and how they can apply to different segments of the population.
- Apply the information gathered during assessment to increase customer satisfaction through communication with the interdisciplinary team.

## “Making a Difference: Therapeutic Programs in Short-Term Rehab”

Short term rehabilitation is fast becoming the “new frontier” of the long-term care industry. Along with the challenge of programming for the younger, more medically complex patients that are entering our facilities, comes a unique opportunity to grow as professionals and stretch the boundaries of our existing therapeutic programming ideas that can truly make a difference in the rehab experience and quality of life of our patients.

### Key Topics Covered:

- Putting the Fun In Functional: The Roles of Recreation for the Short Term Rehab Client
- Transitional Care: Programming with Community in Mind
- Part of the Team: Working together Toward Therapeutic Goals
- All Thigs to All People: Programming for Short Term Clients in a Long Term Care Facility

### Objectives:

Upon completion of this session, participants will be able to:

- List at least eight areas of focus for short term rehab programming
- Identify and evaluate supplies for use with rehab clients
- Describe at least five leadership techniques used to integrate rehab clients into house programming.



### "Lifetime Expressions: Encouraging Creativity in Seniors"

Take a whirlwind tour of the arts as we explore creativity through dance, art, poetry and nature. This engaging, hands on session will train you in basic creative techniques that can be used over and over again with clients of a variety of levels. Activity Directors, as well as Assistants will learn new skills that can be immediately implemented into creative programming for clients of all levels. The visual and experiential nature of this presentation will help participants to walk away inspired and confident in leading creative and expressive activities for the seniors they work with.

#### Key Topics Covered:

- The Creative Connection: Reaping the Benefits of Creative Programming
- Hands On Creativity: Techniques to Use Again and Again
- Get Straight A's: Age Appropriate, Artistic and Adaptable

#### Objectives:

Upon completion of this session, participants will be able to:

- List at least five benefits of creative programs for clients and staff
- Demonstrate a variety of basic creative techniques including, dance, horticulture, fabric arts, drama, creative writing, and fine arts
- Explain ways in which techniques can be adapted to the needs of clients of varying levels while maintaining age appropriate characteristics.



6 contact hours have been applied for through NAAPCC (pending approval)

Casual business attire. Please dress in layers or bring a light jacket/sweater to insure your comfort.

Drinks will be served during breaks.

Please contact Kim Wilkerson or Lauren Shull with any questions at 803-772-7511.