# FROM COMPLIANCE TO CONNECTION:
# LEADING A PERSONALIZED ACTIVITIES PROGRAM

Hilton Garden Inn
434 Columbiana Dr.
Columbia, SC 29212

NOVEMBER 9TH

(6 CONTACT HOURS APPLIED FOR THROUGH THE NCCAP.PENDING APPROVAL)
NCCAP APPROVAL DOES NO CERTIFY AN INDIVIDUAL. IF AN INDIVIDUAL REQUESTS CERTIFICATION, THEY WILL FOLLOW THE PROCESS THROUGH THE RESPECTIVE ORGANIZATION AND/OR AGENCY

SPEAKERS: BRYAN RIFE, ADC, EDU-DIRECTOR OF EDUCATION AND OUTREACH NCCAP & SEAN ELKS, APC-CREATIVE ARTS DIRECTOR AND REGISTER BEHAVIORAL TECHNICIAN CYZNER INSTITUTE OF CHARLOTTE

## SCHEDULE

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| 9:15 AM – 9:30 AM | Registration |
| 9:30 AM – 10:30 AM | Leading with Purpose, Integrity, and Professional Excellence |
| 10:30 AM – 11:30 AM | Creative Expression: Inspiring Connection, Purpose, & Possibility Through Creativity |
| 11:30 AM – 12:30 PM | Regulations: What Is the Activity Department's Responsibility? Understanding Compliance, Accountability, & the Activity Professional's Role |
| 12:30 PM – 1:00 PM | Lunch |
| 1:00 PM – 2:00 PM | Beyond the Behaviors: Understanding the Person, Discovering the Need, and Creating Meaningful Connections |
| 2:00 PM – 3:00 PM | The Dream Weaver: Creativity, Compassion, and Personalized Activities Transforming Individual Dreams, Stories, and Passions into Meaningful Experiences |
| 3:00 PM – 4:00 PM | Stress Management: Techniques for a Calmer, Healthier Life Finding Balance, Building Resilience, and Caring for the Caregiver |
| 4:00 PM – 4:30 PM | Wrap up and Evaluation |

**To register, visit www.schca.org**

# Course Description

This course examines how authentic leadership, professional development, and NCCAP certification as an Activity Director can strengthen leadership identity, credibility, knowledge, and confidence. Throughout the day, participants will explore how activity professionals can move beyond traditional, product-focused programming to create meaningful experiences centered on the individual rather than the finished result. The sessions will review key federal regulatory expectations related to activity services in long-term care and consider what those requirements mean in everyday practice. Participants will also learn to move beyond labels such as “aggressive” and “wandering” by viewing resident responses through a person-centered lens, using life history, personal preferences, remaining abilities, cultural background, interests, and unfulfilled dreams as the foundation for individualized engagement. The course will conclude by examining common sources and warning signs of stress, the connection between stress and professional effectiveness, and practical techniques for managing difficult moments with greater awareness and resilience.

## Learning Objectives

- Identify at least 3 characteristics of authentic leadership and explain how they influence trust, teamwork, resident quality of life, and organizational culture within long-term care settings
- Explain how NCCAP Activity Director certifcation can support professional competency, leadership development, continuing education, credibility, and commitment to quality person-centered activity services
- Identify at least 3 benefits of creative expression related to resident’s emotional well-being, communication, social connection, identity, and quality of life
- Develop creative expression opportunities that incorporate resident interests, abilities, preferences, life experiences, and individual goals rather than focusing solely on a finished product
- Identify at least 3 key federal regulatory requirements that directly impact activity services, resident engagement, quality of life, and the responsibilities of the activity department
- Explain the activity professional’s responsibilities related to assessment, care planning, documenation, resident rights, individualized programming, and interdisciplinary collaboration
- Identify at least 3 factors that may contribute to expressions commonly identified as challenging behaviors, including unmet needs, environmental triggers, communication difficulties, and changes in cognitive abilities
- Analyze resident actions using a person-centered approach that considers life history, preferences, routines, abilities, emotions, and potential triggers before developing an intervention
- Identify at least 3 components of a resident’s life story, interests, abilities, preferences, and aspirations that can be used to develpp meaningful, personalized engagement opportunities
- Develop creative activity experiences that incorporate compassion, resident choice, personal identity, and individual strengths while adaptiong to varying cognitive and physical abilities
- Identify at least 3 personal and workplace sources fo stress and recognize physical, emotional, cognitive, and behavioral signs that stress may be affecting well-being and professional performance
- Demonstrate at least 3 practical stress-management techniques that can be incorporated into the workday, including breathing, grounding, mindufIness, boundary-setting and healthy coping strategies

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