



The Voice of Activity and Life Enrichment Directors

Enabling the Social Prescription

Presented by Alisa Tagg, NAAP Association Director & Linda Redhead, NCCAP President

Learning Objectives

1

The participant will understand the current state of guidance and regulatory compliance as issued by CMS as well as the CDC

2

The participant will learn how to identify best practice to ensure the success of social prescription post this healthcare pandemic.

3

The participant will identify ongoing resources for the community as well as the activity professional.



Meet
Carrie
Fairchild
& Activity
Connection





Meet Alisa Tagg & NAAP





Meet Linda Redhead & NCCAP





Look within...

What do we want?



The Pandemic

How have the lives of our residents changed since the pandemic?

55%



Of people living alone are getting less contact with their family

35%



Of elderly people are more lonely as a result of the lockdown

More than

25%

of elderly people are less able to get essential groceries



20%

Of over-70s

have contact with family or friends less than once a fortnight



Elder Survey on Elderly Loneliness, 2020
Source: elder.org/the-elder/survey-on-elderly-loneliness

The effects of loneliness

Changes in loneliness and social contacts, 2018 to 2020

AMONG ADULTS AGE 50-80



October 2018

March–June 2020

34%

felt a lack of companionship

41%

27%

felt isolated from others

56%

28%

had infrequent social contact

46%

The effects of loneliness



The Social Prescription

Creating Connections



**CONSUME
HEALTHY FOOD**



**MANAGE STRESS
& DO EXERCISE**



**HAVE A
GOOD SLEEP**



**DO HOBBIES THAT
RELIEVE STRESS**



**SOCIAL
CONNECTIONS**

**SOCIAL
PRESCRIPTION**



The Social Prescription

What have you done differently since the pandemic?



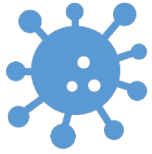
“Relationships don’t last because of good times. They last because the hard times were handled with love & care.”

CMS Guidance on Visitation

- Facilities must allow for indoor visitation at all times for all residents.
 - A facility must facilitate in-person visitation
- Outdoor visitation poses a lower risk and should be utilized when visitors are not fully vaccinated.
- Residents who are in quarantine should still be allowed to receive visitors.
 - Visitors are required to wear face-coverings at all times.
 - Visitors are not required to be tested or vaccinated.



The Effects of COVID



Long Covid



Trauma – Stress



Sleep
Disturbances



Decreased
Enthusiasm





Decreased Enthusiasm

How can we flip the script?

A close-up photograph of a human hand reaching upwards, palm facing up, towards a bright, glowing sun. The background is a soft-focus landscape with a vibrant rainbow arching across the sky. The overall mood is one of hope, aspiration, and patience.

Patience is a Virtue



The Social Prescription

No man is an island, it takes a village to care for our elders.



Post Pandemic

How will you deliver programming and services post pandemic?

Bringing Back the Fun!



CELEBRATING JOY THROUGH
PARTIES AND EVENTS.



CREATE OPPORTUNITIES FOR
CONNECTION ON A PERSONAL
LEVEL.

Fresh Take on Activity Planning



Innovative
Technology



Value of
Engagement



Offer a New
Vision



Passion in
Programming



Focus on Body
and Mind



Fresh Take on Activity Planning



Connections



Class in Session



Multi-Sensory Rooms



Music



Essential Oils





The Green Prescription

“A physician once said, “The best medicine for humans, is Love.” Someone asked, “What if it doesn't work?” He smiled and said, “Increase the dose.”

Nursing Home Reform



Clinical – Enhanced Quality of Care and Infection Control



Workforce – Recruit and Retain Staff



Oversight – Improve systems to be more Resident Driven



Structural - Modernized to improve Dignity, Safety, Privacy

Key Trends Post Pandemic

- Redefining the meaning of Community
- Expand the built and unbuilt Environment
- Integrate Technology through all operations
- Emphasize Wellness Culture and Lifestyle
- Strengthen Workforce Quality, Growth and Retention





Questions?

- alisa@naap.info
- <https://naap.info>

- linda.redhead@nccap.org
- <https://nccap.org>

