



7-1-2023

Multi-Sensory Engagement Centers in Memory Care

Diana Tsvor
University of the Pacific

Follow this and additional works at: <https://scholarlycommons.pacific.edu/ot-capstones>



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Tsvor, Diana, "Multi-Sensory Engagement Centers in Memory Care" (2023). *Occupational Therapy Student Capstones*. 34.

<https://scholarlycommons.pacific.edu/ot-capstones/34>

This Capstone is brought to you for free and open access by the Occupational Therapy Program at Scholarly Commons. It has been accepted for inclusion in Occupational Therapy Student Capstones by an authorized administrator of Scholarly Commons. For more information, please contact mgibney@pacific.edu.

July 27, 2023

Multi-Sensory Engagement Centers in Memory Care


Diana Tsvor, OTD/S
University of the Pacific
Doctor of Occupational Therapy

Maria Ciscoe
Dr. Kathryn Wise



Background

- Eskaton is an organization that aims to enhance the lives of older adults through its life enrichment programs in assisted living and memory care. Eskaton's slogan is "Age is Beautiful."
- Memory care incorporates residents who have memory impairment which includes Alzheimer's Disease and other dementias.
- Dementia is a progressive neurodegenerative disease in which the brain is deteriorating. Functions impacted include executive function, storing and retrieving memories, sensory perception, and many more.
- The project incorporated developing five themed multi-sensory engagement centers in the common areas, a manual with ideas for activities and guiding questions for each item, and a training module for implementation.



Distressed behavior is displayed due to the unmet needs of the residents in memory care.

Participation in activities, especially those that are of interest to the individual, has been shown to have positive effects on people with dementia.

According to SWOT analysis, memory care could implement more sensory experiences for the residents.

Revamp and fully implement the Dawn of the New Day program already established across Eskaton facilities.

Literature Review & Needs Assessment

Program Purpose

The purpose of the program is for residents from memory care to engage with multi-sensory engagement centers including various activities focusing on stimulating the five senses to enhance quality of life and well-being.



Guiding Theories



Person-Environment-Occupation (PEO)

Provides a holistic lens on ensuring optimal performance in the resident's occupation.

The resident's abilities, environment, and interests were considered to engage in various activities.

Reminiscence Therapy

Developed by Erikson's Theory of Psychological Development.

Emphasizes developing deeper connections with residents to enhance trust and communication by asking questions about past experiences.

(Cammisuli et al., 2016; Chang & Pang, n.d.; Cooney et al., 2014)

Outcomes

- Implemented the engagement centers with one-on-one and group interactions with a few life enrichment personnel.
- Residents are exploring the baskets independently.
- Residents have smiles on their faces when looking at the items and describing their past experiences.
- Through group participation, residents have shared the items with other residents and had discussions.
- Staff and volunteers can easily choose a basket to guide their conversation with a resident while incorporating all the different senses.

Multi-Sensory Engagement Centers

Before



After



Multi-Sensory Engagement Centers

Home Tasks



School Life



Sports



Travel/Vacations



Discussion

- Advocated for implementation of a multi-sensory aquatic experience into memory care, which will soon be installed in one of the common areas.
- Staff and volunteers can continue engaging with the residents while utilizing the baskets from the centers.
- New staff and volunteers can be trained by watching the training module and reading the manual.

- Another OT capstone student is planning to continue the project with Eskaton next summer.
- Multi-sensory engagement centers can be implemented in another Eskaton memory care community to enhance those resident's well-being.

Impact

References

- Alzheimer's Association. (n.d.). Alzheimer's Disease and Dementia. <https://www.alz.org/>
- Cammisuli, D., Danti, S., Bosinelli, F., & Cipriani, G. (2016). Non-pharmacological interventions for people with Alzheimer's disease: A critical review of the scientific literature from the last ten years. *European Geriatric Medicine*, 7(1), 57-64. <https://doi.org/10.1016/j.eurger.2016.01.002>
- Carrarini, C., Russo, M., Dono, F., Barbone, F., Rispoli, M. G., Ferri, L., Di Pietro, M., Digiovanni, A., Ajdinaj, P., Speranza, R., Granzotto, A., Frazzini, V., Thomas, A., Pilotto, A., Padovani, A., Onofri, M., Sensi, S. L., & Bonanni, L. (2021). Agitation and dementia: Prevention and treatment strategies in acute and chronic conditions. *Frontiers in Neurology*, 12. <https://doi.org/10.3389/fneur.2021.644317>
- Chang, L., & Pang, L. (n.d.). Person-environment-Occupation (PEO) model. OT Theory. <https://ottheory.com/therapy-model/person-environment-occupation-peo-model>
- Cooney, A., Hunter, A., Murphy, K., Casey, D., Devane, D., Smyth, S., Dempsey, L., Murphy, E., Jordan, F., & O'Shea, E. (2014). 'Seeing me through my memories': A grounded theory study on using reminiscence with people with dementia living in long-term care. *Journal of Clinical Nursing*, 23(23-24), 3564-3574. <https://doi.org/10.1111/jocn.12645>
- Eskaton. (2021, October 4). Who we are. <https://www.eskaton.org/about-us>
- Gitlin, L. N., Winter, L., Burke, J., Chernett, N., Dennis, M. P., & Hauck, W. W. (2008). Tailored activities to manage neuropsychiatric behaviors in persons with dementia and reduce caregiver burden: A randomized pilot study. *The American Journal of Geriatric Psychiatry*, 16(3), 229-239. <https://doi.org/10.1097/01.jgp.0000300629.35408.94>
- Gitlin, L. N., & Piersol, C. V. (2014). *A caregiver's guide to dementia: Using activities and other strategies to prevent, reduce and manage behavioral symptoms*. Camino Books.
- Kales, H. C., Gitlin, L. N., & Lyketsos, C. G. (2015). Assessment and management of behavioral and psychological symptoms of dementia. *BMJ*, 350(mar02 7), h369-h369. <https://doi.org/10.1136/bmj.h369>
- Laver, K., Clemson, L., Bennett, S., Lannin, N. A., & Brodaty, H. (2014). Unpacking the evidence: Interventions for reducing behavioral and psychological symptoms in people with dementia. *Physical & Occupational Therapy In Geriatrics*, 32(4), 294-309. <https://doi.org/10.3109/02703181.2014.934944>
- Travers, C., Brooks, D., Hines, S., O'Reilly, M., McMaster, M., He, W., MacAndrew, M., Fielding, E., Karlsson, L., & Beattie, E. (2016). Effectiveness of meaningful occupation interventions for people living with dementia in residential aged care: A systematic review. *JBIC Database of Systematic Reviews and Implementation Reports*, 14(12), 163-225. <https://doi.org/10.11124/jbisrir-2016-003230>

Thank You

Diana Tsvor

Email: dianatsvor@yahoo.com

LinkedIn: www.linkedin.com/in/diana-tsvor

Phone Number: (916)670-0129

I would like to extend my sincere thanks to Maria Ciscoe, Emma Ledesma, and Dr. Kathryn Wise for all your support throughout my capstone experience. Thanks to all the other staff at Eskaton and the faculty at the University of the Pacific. Biggest thank you to my family and friends for all your understanding and patience.