



Quality Improvement Webinars



The SDCP is sponsoring a webinar series to provide you with the tools necessary to improve client outcomes, show results in terms of efficiencies, retention, and other key measures of performance.

This Quality/Process Improvement webinar series is provided in an easily accessible, no travel format of GoTo Webinars to enable as much participation as possible. For active participants, the series includes individual consultation support via e-mail and telephone for you at no cost.

This interactive 5-part series will cover:

Session 1: Stop Spinning Your Wheels - How Process Improvement Can Save You Time & Money ~ Wednesday May 19th 1:30-3:30

Leadership role, team roles and responsibilities, project selection, overview of the PDSA process improvement module. Creating a problem statement.

Session 2: Simple Tools With A Big Impact ~ Wednesday June 16th 1:30-3:30

AIM tools, Fishbone diagram, PDSA planning and worksheet review.

Session 3: Developing Solutions ~ Wednesday July 21st 1:30-3:30

Flow charting, 5 Whys, Contingency Diagrams

Session 4: Gaining Buy-In or Selling the Solution ~ Wednesday Sept. 15th 1:30-3:30

Cost justification, Force Field analysis, Gaining Buy-in, Data analysis.

Session 5: Continuous Improvement – A Way of Life ~ Wednesday Oct. 20th 1:30-3:30

Sustaining the efforts. Measures and tracking, standard operating procedures.

Why Participate?

Sessions are designed to impart key tools and steps to process improvement. The webinars combine learning followed by an assignment to reinforce the learning. Participants who complete these sessions and the assignments will walk away from this training with:

- Compliance with SDCP contract requirement for quality improvement
- A completed process improvement project with associated results of the improvement
- The ability to apply the PDSA (Plan Do Study Act) process improvement method to future projects, resulting in continuous organizational improvements.
- The ability to use the follow problem solving tools: problem statement, Fishbone diagrams, Flow charting, AIM, 5 Whys, Contingency Diagram and Force Field Analysis

Who Should Attend?

Administrators, Managers, Lead Caregivers, Ownership, Director of Nursing, Director of Wellness, Marketing Directors, change agents and those concerned with improving your organization.

We strongly recommend having a **team of individuals** participating in these webinars.

[Click here to Register for Session 1](#)

The 26th Annual Alzheimer's Association Educational conference

25th Annual Alzheimer's Regional Conference

Moments in Mind



Pre-Conference: April 15th Conference: April 16th, 2010
Washington State Convention Center • Seattle, WA

alzheimer's association

This year the Specialized Dementia Care Program was able to provide some scholarships to SDCP boarding homes. This year's conference featured two keynote speakers and a large variety of workshops designed to provide a variety of information to all level and types of caregivers. The workshops ranged in information for people who needed an introduction to the disease and its process to

workshops specifically designed for residential providers and mealtime.

SDCP attendees had positive feedback about the presentations on TTAP (a dementia specific activities approach), creating an optimum mealtime experience, Dr. Gary Small's keynote address, and Diana Waugh's presentations on falls and/or her presentation on helping families have a success visit with their loved ones in a long term care setting.

For those who were unable to attend, many of the presenters materials and handouts are available to review at the Associations' [website](#).

Risk and Prevention of Dementia

I have read that working long hours will increase the risk of dementia. I have also read that eating junk food will lower the risk. I've been trying to live accordingly. For those of you have also read about the many and the various risk factors and prevention methods associated with dementia, [here is an article](#) about an NIH study of the many dementia related studies. Unfortunately, it does not endorse my "work less, eat more" philosophy. The video interview on the web page is more hopeful than the article.

[Here is a link to the actual study](#), for those who may be interested. Section 4 beginning on page 8 and seems most relevant to SDCP



EA Feasibility Project for Exercise in SDCP Settings



EnhanceMobility is a small-group exercise program designed specifically for individuals with mild to moderate dementia. It is based on a combination of two evidence-based exercise interventions, *EnhanceFitness* (EF) (Buchner, et al., 1993) and Reducing Disability in Alzheimer's Disease (RDAD) (Teri, et al., 2003). EF is nationally recognized as an effective group exercise program for older adults without cognitive impairment, now administered by Senior Services of King County. RDAD is an evidence-based exercise program for people with dementia who live at home with a family caregiver.

EnhanceMobility (EM) incorporates features of both programs, and adapts them for use in with older adults with dementia in a group setting. EM has been developed and refined through an iterative process, in collaboration among the UW School of Nursing, Senior Services of King County, DSHS-ADSA, and Memory Care & Wellness Services (MCWS) dementia day) programs.

Up to this point, evidence-based exercise programs have focused on the population of older adults without cognitive impairments—typically those who can follow instructions in a group setting such as senior centers or exercise on their own. Persons with dementia, despite their continued need for exercise, have not had access to this important intervention and are typically excluded from research studies around exercise due to the many challenges of implementation.

Recently, DSHS-ADSA provided funding to bring this emerging evidence-informed intervention into community residential care. This effort will begin this work in some of our Specialized Dementia Care Program in Boarding Home providers group. The goal of this phase is to establish the feasibility of training activity directors and other residential care staff to conduct the EM exercise program within their dementia-specific residential care facilities, and to obtain objective pilot data that can be used to develop a larger randomized controlled trial of the efficacy of EM for improving physical, functional, and affective status of individuals who reside in such facilities.

ADSA and UW contacted providers in a prescribed geographic area, with a certain number of potential participants, and the willingness to be involved. This is moving forward and you will be hearing more!

Beautiful young people are accidents of nature, but beautiful old people are works of art."

~ Eleanor Roosevelt