



## **PERSON-CENTERED CARE IN ACTION**

*Implementing Innovative and  
Evidence-Based Person-Centered Care*



*At Select Rehabilitation we are partnering with our communities to achieve their goals for dynamic cultures, with engagement initiatives such as those from the Masterpiece Living and Green House models.*

## PERSON-CENTERED CARE IN ACTION

### Implementing Innovative and Evidence-Based Person-Centered Care

The research on successful aging indicates that how we age is largely dependent on lifestyle, and the choices individuals make for themselves. This knowledge has created a new older adult. At **Select Rehabilitation**, we are partnering with our communities to achieve their goals for dynamic cultures, with engagement initiatives resulting in greater person-centered care. These initiatives include:

- Implementing each resident's preferences and personal goals for Person-Centered Care in our daily clinical practices
- Incorporating social, emotional and spiritual components to our regular physical and intellectual therapeutic treatments
- Developing and offering evidence-based training and courses for our staff and customers on Person-Centered Strategies
- Onsite training and monitoring the use of these innovative strategies for all communities who desire this type of culture within and throughout their community

### A FUNCTIONAL REHAB STUDY

**Meet Dorothy H.**, a resident in the Woodland Park community at Virginia Mennonite Retirement Community who was recently treated by the **Select Rehabilitation** skilled therapy team.

Dorothy states that she has worked with therapists a lot over the years, and has been very determined to walk on her own. When living in a traditional SNF, Dorothy was walking distances of 5-10 feet with the assistance of 2 people. Dorothy recently moved to Woodland Park and has thrived in her new setting.

Through the therapist's person-centered approach of allowing Dorothy to voice her goals and to receive therapy at her preferred times in her own living area and bathroom, Dorothy is now able to walk household distances with her rollator. She is independent with toileting due to the ability to set up her private bathroom in the way that works for her. She utilizes her electric scooter to take advantage of campus-wide activities and visits with long-time friends. She also visits the Wellness Center on Campus 2 times per week for exercise.

When asked what her favorite things are to do now, she has a lot of great things to share. She participates in activities in her house such as corn shucking, BINGO and card games but always enjoys when friends from the other houses join them for activities. There are also times that she enjoys having the privacy of her own room to work on crafts and read. Her advice to friends who have tried therapy in other places with less success, is to try again in this new environment. She says, "Just do it!"

Dorothy is very involved in multiple activities across campus, which keep her active and engaged. Having both the privacy and assistance needed daily in this setting is perfect for her.

### THE MASTERPIECE LIVING LIFESTYLE

Westminster Woods, a Presbyterian Senior Living Community, has embraced the Masterpiece Living Culture, which promotes all of the person-centered and successful aging components in their daily culture.

After recently choosing Select Rehab as their therapy partner, the Masterpiece Living culture was initiated throughout the Westminster therapy department to result in greater therapeutic outcomes for many of the residents.

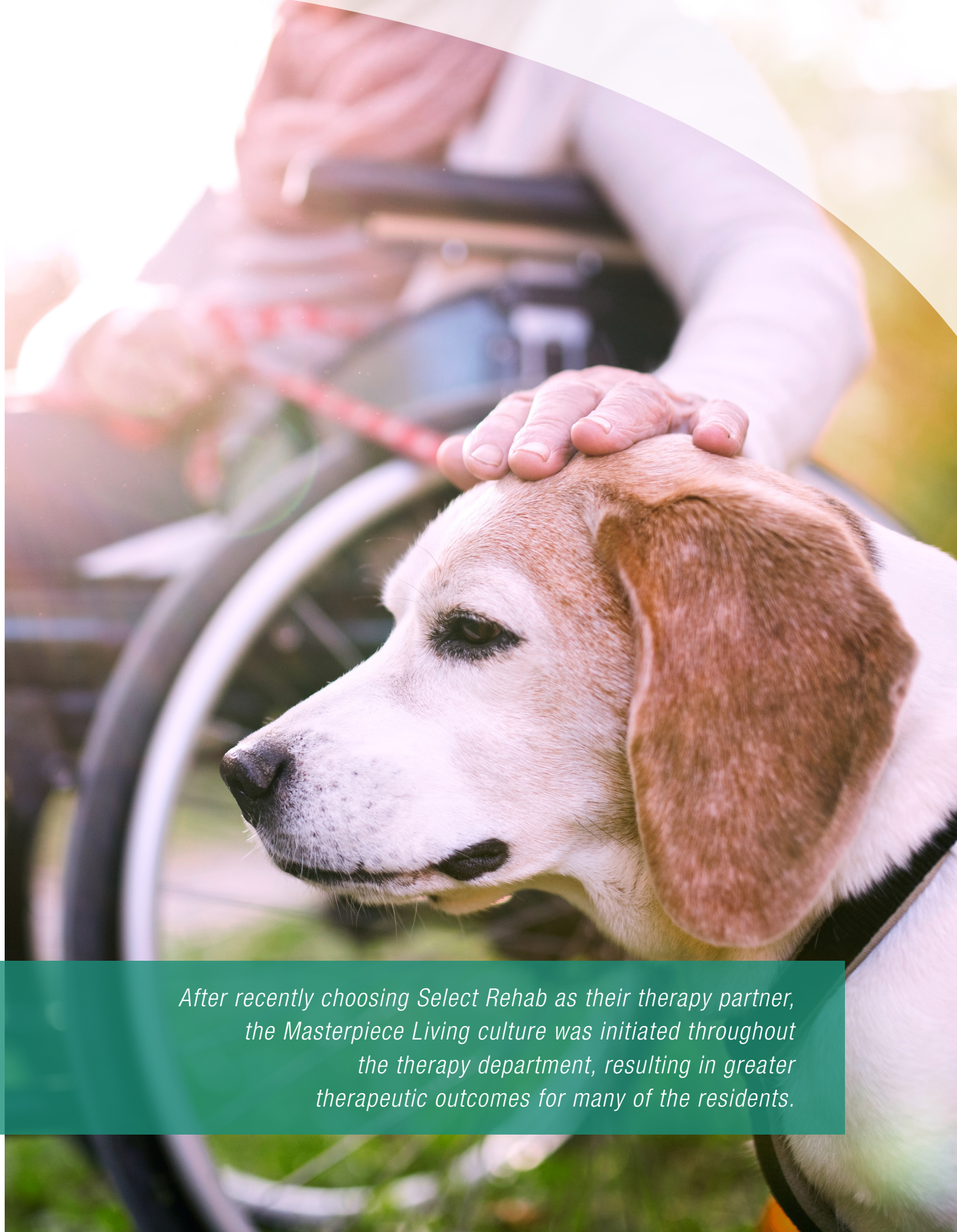
The therapy team immediately began to add the Masterpiece Living principals of successful aging to their treatment sessions as well as offering classes and sessions outside of therapy to support these successful aging concepts for residents in the Westminster Woods Community.

Examples of success from such initiatives included the remarkable improved therapy participation by several residents who wanted to visit **Norman, the therapy team dog**. Thanks to Norman, one resident significantly increased his upper body range of motion and another resident swore that when Norman sat beside her while she was receiving skilled therapy treatments, she no longer noticed the pain in her knee.

Wellness classes, led by the Outpatient Therapy Director, include a Tai Chi class for all campus residents that has resulted in great success. One resident in particular was very excited to share how her balance has significantly improved after attending these weekly classes.

And yet another example was reported from the therapeutic gardening project, which resulted in much progress for several residents. These residents were motivated to work with therapists to increase their function and strength through this meaningful activity that they enjoyed so much. This project included skilled tasks with the garden as the functional setting.

The functional and meaningful approaches in each of our Select Rehab departments are unique to each resident's interests. Whether it's a Tai Chi course or a line dancing class, a baking group or gardening club, painting projects or intergenerational events, it's all meaningful, functional, and designed by therapists to increase strength and skills with purpose.



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## A PERSON-CENTERED CULTURE

Select Rehabilitation Care



**Research-based evidence supports the four pillars of successful aging, which are:**

- Physical Health
- Intellectual Challenge
- Social Engagement
- Spiritual Fulfillment

Select Rehabilitation has allocated a great deal of time and resources to study and support the evidence-based research of successful aging. This includes the implementation of 10 years of research from the MacArthur Foundation, which is the core foundation of the Masterpiece Living (MPL) culture that has been adopted in many of our communities. Consequently, we have implemented MPL training opportunities for our staff and customers, to include the utilization of successful research and concepts from these principals of successful aging. With this dynamic culture shift, team members are more engaged, residents are encouraged and the community's overall culture results in greater person-centered care for our residents.

Select Rehabilitation's Education department works closely with the Program Managers and therapists to include key pillars from research on successful aging into their daily therapeutic techniques. Consequently, we seek more innovative and effective clinical outcomes to promote and maintain higher quality of life for residents and help them maintain greater independence

For more information about **Select Rehabilitation**, or to learn more about implementing person-centered care initiatives, please contact Shelley Wisnowski at [swisnowski@selectrehab.com](mailto:swisnowski@selectrehab.com) or visit [www.selectrehab.com](http://www.selectrehab.com).



*Working together  
to promote and  
maintain a higher  
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