

Hi I'm  
Reta A. Underwood  
aka Miskenadesi Ivins

AWESOME

## Creating Activities for the Aging Population

Your FOCUS must be CLEAR

June 13 - 15, 2023 · Embassy Suites by Hilton Lexington/UK Coldstream

Kentucky Action Partnership

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# Introducing 2

Reta A. Underwood (C-NM, RAC-CT, Medicare Specialist), is president of **Consultants for Long Term Care**, a national long-term care consulting firm based in Kentucky. CLTC has provided management services, presented seminars, been published nationally and copyrighted its own systems and tools.

Reta's experience has included management and director positions with nursing facilities and health care companies. She has also provided corporate-wide MDS support services, numerous mock surveys, regulatory compliance correction, educational programs, clinical documentation, quality assurance programming, and has implemented PDPM in facilities nationwide. Most recently Reta has focused on improving the post-acute care experience nationally for some of the most vulnerable of populations.

Reta A. Underwood  
RAC-CT, CNM, OP-C, Reimbursement Specialist  
Nationally Acclaimed Post-Acute Care Expert  
President of CLTC, Inc.

**CONSULTANTS for LONG TERM CARE**

[www.cltcinc.com](http://www.cltcinc.com) - (502) 541-1051

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## Agenda

1. Post-Acute Care and it's current Definitions
2. The Aging Population
3. Designing Awesome Activities for the Aging Population
4. Awesome Activity Components
5. Quality verse Quantity

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Post-Acute Care and its many definitions!

## PAC Defined

**Post Acute Care (PAC)**  
 PAC includes rehabilitation or palliative services that beneficiaries receive after, or in some cases instead of, a stay in an acute care hospital.  
 Depending on the intensity of care the patient requires, treatment may include a stay in a facility, ongoing outpatient or care provided at home.

**Some Abbreviations**

- SNF = Skilled Nursing Facility
- NH/NF = Nursing Home/Nursing Facility
- ICF = Intensive Care Facility
- PC = Personal Care Facility
- ALF = Assisted Living Facility
- FCH = Family Care Home
- CBS = Community Based Services
- LOS = Length of Stay
- Resource LINK: [Health Care Facilities and Regulations - Cabinet for Health and Family Services \(ky.gov\)](#)

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The Aging Population 7

## Who Makes Up the Aging Population in PAC?

The Silent Generation  
1945 - 1928



Generation Alpha  
Born after 2010

The Baby Boomers  
1946 - 1964

Generation X  
1965 - 1980

Generation Z  
1997 - 2010

Millennial  
1981 - 1996

Sample Footer Text

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The Aging Population of PAC 8

### What Generation Do I Belong?

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The Aging Population in PAC 9



## The Aging Population

- ✓ Over 180,000 million ER visits related to overdoses is resulting in a younger population entering PAC.

In the U.S., there were an estimated:

- 4,200 adult day services centers.
- 11,500 home health agencies.
- 4,700 hospices.
- 15,600 nursing homes.
- 31,400 residential care communities.
- 1,200 inpatient rehabilitation facilities.
- 400 long-term care hospitals.

✓ LOS = Averages 634 days

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The Aging Population of PAC 10

# Know your Population

"Amazing activities start with amazing people."

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The Aging Population of PAC 11

# Techniques

- A. The Drill Down
- B. My Normal Routine vs My New Normal
- C. My Life's Story
- D. My Bucket List
- E. The Last Adventure
- F. My Favorite Things
- G. The Planning Cycle

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11

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The Aging Population of PAC

# Demographic Knowledge

Population Count	Age Group	Common Interests	Physical Ability Level	Mental Capacity Level	Special Need(s)
91 +	5	1 = News Updates 4 = TV	3 bedfast 2 wheelchair	1 STM Loss 3 STM/STM loss 1 Intact	2 = Assist to eat and drink 3 = In-person 1:1
81 - 90	5	Set Categories	Endurance Level	Relative Diagnosis	Behavior/Mood Concerns
71 - 80	25	I.e.: Games, Arts, Crafts, Sports, etc.	Assistance needs	Adaptations	Dietary Ability to: hear, speak, communicate, etc.
61 - 70	50	Specified to each person.	Limitations	Triggers	Religious, Cultural, & Ethnic awareness
Youngest 10 years	15	Age Appropriate and/or Age Awareness	Etc.	Best time of day	Individualized to Focus and Need

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