



Administrative Report

Office of the Administrator, Sun Parlor Home

To: Warden Tom Bain and Members of County Council

From: **Lynda Monik**
Administrator, Sun Parlor Home

Date: **June 6, 2018**

Subject: **Nordic Wellness Chair**

Report #: **2018-0606-SPH-007-LM**

Purpose

To seek County Council's approval for the unbudgeted expenditure and use of the Life Enrichment Donation Reserve to purchase one (1) Nordic Wellness Chair.

Background

The Sun Parlor Home has a Special Care neighborhood or secure area where up to thirty (30) residents with behaviours live. With 92% of the Home's residents diagnosed with dementia, residents with behaviours are also managed throughout the entire Home.

Throughout the course of their disease, 80% of residents will exhibit behavioural symptoms of dementia, such as pacing and wandering, repetitive questioning or actions, uninhibited behaviour (including sexual), and irritability. These behaviours can unfortunately aggravate and intrude on the space of other residents. As dementia destroys social skills and the ability to manage emotions, residents may react reflexively by hitting, or by using angry and accusatory responses.

Long-term care homes prefer to call these reactions "responsive behaviours" because the resident is responding to a trigger in their environment. Very

little of this is true aggression; aggression implies malicious intent, and this is rarely the case.

Behaviour management approaches work well in reducing the frustration and irritation level of residents as well as the overall level of resident-on-resident tension in a Home. This involves finding ways to engage residents with dementia in productive activities that tap into their pleasurable memories, current abilities, and sense of self.

An operational and legislative priority for the Sun Parlor Home is safety; the safety of residents, resident family members and staff. One of the ways to support a safe and secure Home environment for the residents/families and safe work environment for staff is to invest in the management and staff to enhance their skills, knowledge and ability to manage resident behaviours.

With the support of County Council, the Sun Parlor Home has made significant investments in management and staff education and training to assist in the management of resident behaviours. The Home also uses a variety of therapies including personalized music, art, exercise and nurturing therapies (using baby dolls and stuffed animals) to help improve mood, reduce pain, and reduce dementia-related behaviours. But it's not just these therapies that can make a difference. The Home is always looking for new ways to reduce behaviours by involving residents in other meaningful activities.

Discussion

In April 2018, the Sun Parlor Home Administrator attended the Ontario Long Term Care Association (OLTCA) conference in Toronto. Product manufacturers from around the world shared information about new and innovative products at the annual conference, including some products to support the management of resident behaviours.

At the OLTCA conference, a new product called the Nordic Wellness Chair was introduced. The Nordic Wellness Chair is manufactured in Denmark. The Nordic Wellness Chair offers a unique, calming sensory experience through pre-set rocking programs that combine smooth and quiet motion with soothing music and tactile stimulation to promote physical and mental relaxation. A weighted blanket adds to the experience by creating additional comfort and sensory stimulation. The heavy blanket combined with the comfort of a "u" shaped cushion provides a sense of security, much like the feeling of a warm hug (a hug is something that our residents are very much in need of, but often do not receive because of their behaviours). The music

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Nordic Wellness Chair

is endorsed by the Danish Alzheimer's Association and is based on 15 years of research into the calming and mentally stimulating effect of sound.

The product manufacturer allowed the Sun Parlor Home the opportunity to use the chair on a trial basis since May 3rd, 2018. Frontline staff were trained on how to use the Nordic Wellness Chair and feedback from staff and residents was sought after each use. The results of the trial have been overwhelmingly positive. Verbal reports and emails from staff documented the positive impacts of residents getting a full night's sleep after being in the chair for anywhere from 20 minutes to 2 hours. Some residents are now even asking for the "chair".

The Nordic Wellness Chair was not budgeted for in the 2018 budget, as there was no awareness that this item existed.

Caring for someone with dementia requires a compassionate understanding of the many different ways that the disease can affect each resident, and experimenting with behavioural management strategies and devices that can soothe the resident's symptoms, improve his or her quality of life, and allow staff to provide care. The Sun Parlor Home is actively driving innovation by partnering with industry to test new devices and technologies to improve our resident's quality of care and quality of life. Purchasing the Nordic Wellness Chairs will assist the Home to enhance the resident's quality of care/life and reduce behaviours.

The complexity of residents within the past five years has increased. More and more residents are admitted with behaviours than ever before. The Home is looking for alternatives to reduce resident behaviours and ensure a safe and secure workplace.

Financial Implications

As highlighted, this item was not included within the 2018 Budget. Funding for the chair would be provided from the Life Enrichment Donation Reserve and will deplete the reserve balance.

Recommendation

It is recommended that 1 (one) Nordic Wellness Chair be purchased using \$14,400 from the general Life Enrichment Donation Reserve. The chair will be used throughout the 8 (eight) neighborhoods of the Home.

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Nordic Wellness Chair

Respectfully Submitted

Lynda Monik

Originally Signed by

Lynda Monik, Administrator, Sun Parlor Home

Concurred With,

Robert Maisonville

Originally Signed by

Robert Maisonville, Chief Administrative Officer

Appendix No.	Title of Appendix
N/A	N/A