

## **Life – My Way...Living Well with Dementia, Lifestyle Options Retirement Communities and Choices in Community Living**

The aim of the Life - My Way...Living Well with Dementia project is to implement the Butterfly Household Model® at LSO Leduc and Legacy Lodge, Lethbridge. Successful implementation of the Butterfly Household Model® at LSO Leduc and Legacy Lodge implies that significant improvements to the daily lives of Residents with dementia have been achieved.

Many traditional care facilities concentrate caregiver roles as those which center on minimizing risk of harm, providing medication delivery, bathing, meal service, bowel movement tracking, and some scheduled recreational activities. This has the potential to leave Residents bored, unattended to emotionally and sitting for large periods of time, safely staring at a wall. Butterfly Households comprehensively train staff, management and families to attend to the level of engagement Residents can experience throughout the day, thus increasing their overall emotional and physical wellbeing by continuing to participate in life activities.

Resident/staff and family engagement are fostered by training staff to be in-tune emotionally to Residents, by learning and providing tools for Resident engagement throughout the day, by creating mealtime 'experiences', and by supercharging living environments with color, texture, memorabilia, normalcy, music, good smells and life activities.

**Key successes to date** include many hours of staff training completed at both facilities, many tools for engagement in place, environmental changes underway, mealtime experience expanding, and staff and families have learned and expressed recognition for the need for engagement as a key component to wellbeing throughout the stages of dementia. This journey will continue over the coming months and cap with an audit from the award winning Dementia Care Matters team, and researcher interviews to be compiled with ongoing data collection. This project aims to provide learnings through collection of data and report outcomes on qualitative and quantitative measures on quality of life as well as implications for clinical care.

**The innovation objective** is to increase engagement, quality of care and lived experience building on best practices and proven results of Butterfly Household Model toward delivering person centered-care with people living with dementia. As well as, disseminate learnings and promote collaboration, linkages and advocacy. To increase quality of care and life, positive social care should be evident as this is interconnected with positive clinical care and outcomes.

LSO Leduc and Legacy Lodge are building upon the positive experience in implementing Butterfly Household models at their sister facilities Whitemud and Copper Sky Lodge in 2016. Feedback from Residents, staff and families about the program were pivotal to the design of this program at Leduc and Legacy Lodge.

Further, the Butterfly Household Model® is built on 20 years of experience attained by Dementia Care Matters in the UK and Ireland. Staff, families and Residents all participate in the implementation of the Butterfly Household Model® and are active contributors to the overall success of the program. Further, regular meetings allow for feedback which allows for fine-tuning of program details.

This project aims to directly address meaningful engagement experienced by people impacted by dementia, and looks to provide families and friends, as well as staff and their families, with tools in understanding the importance of emotional understanding and engagement while experiencing dementia. Stigma is directly targeted as Butterfly Household Model® training provides a mirror into controlling care which has been historically driven by stigmas around dementia.

The training program within this project gives staff and families tools to understand and respond to social and emotional needs throughout each day. The Butterfly Household Model® has staff and families involving Residents in many varied opportunities for physical activity and recreation as part of enhancing day-to-day living and creating normal life-routines. This has enhanced community connections such as gardening programs, intergenerational programs provided by students. The nature of Supportive Living is that of respite to families. Enhancing the quality of care and the potential of supportive living caregivers is essential to creating environments in which people WANT to live, and where families are assured and confident, and can maintain their relationships on their own terms. As part of this project, training and education around stages of dementia are important to our understanding of Resident's needs at every stage. Families also benefit from this education by learning about where things are and what to expect, while having a team of supportive caregivers responsive at each step. This is provided through constant meeting with families at a minimum of, every 2 months.

## LSO Success Story

Bill who lives in the Rose Garden Household usually sits in the dining room daily watching people pass by. As the Site Manager, I usually like to go down to the Households to spend time with the residents and on this day, Thursday June 15<sup>th</sup>, Bill was sitting in the dining room once again, watching people come and go from their rooms and lounge area. I went over to him and asked how he was and received a response of "terrible, I want outta here". So, on this day, I asked Bill to accompany me outside to the garden. I extended my elbow out to him and he linked his arm through mine and off we went on our journey. As we started to walk the walkways of the outside garden, we began looking at all the plants that had been planted that week and discussed gardening. He pointed out some of the weeds poking through the pebbles and stated "someone needs to take care of that". I fully agreed and told him I would get someone on it right away. When I asked Bill if he had planted some of the flowers there he quickly said "No. I don't like doing stuff like that". I began to query with him what kind of work he had done before he retired. He told me "electrical work". This triggered conversation about projects he had done in the past and wiring jobs. I then reached for his hand and asked him to come with me to the gazebo. He followed beside me, intrigued as to where we were going. I then stepped into the gazebo with him by my side, pointed up to the inside of the roof and asked him what he thought about us putting lights in the gazebo for the residents; "some electrics so it lit up at night and people could come out here at night time". He looked around the inside of the gazebo, moving from place to place, silent for a minute.... Then spoke "Well. That would be good. Just not sure how we would do it". You could see from Bill's expression he was engaged in the discussion and thrilled to be engaging in a topic he was familiar with. We spent some time in the gazebo discussing where we could place some lights if I got a person in to do it and he offered some suggestions, pointing where he believed placement of the lights should go. We spent about 30 minutes out there but the difference when he came back into the household for lunch, was amazing. His mood had lightened, he was less agitated and more engaged.



Legacy Lodge before renovations



Legacy Lodge after renovations

