

# Sensory Therapeutic Enhancement Project (STEP)

## Midterm Update

The STEP initiative from North Zone Seniors Health and Allied Health Teams aims to increase the availability of therapeutic items that can be prescribed, as appropriate, when identified by frontline care teams following client centered assessment. These items are important tools to address behavioral and psychological symptoms of dementia. The project-procured and developed tools and resources aim to support frontline care teams by offering options in approaches to care that may make their role more rewarding, increase their knowledge and support their comfort around the use of sensory and therapeutic modalities for dementia care.

The goal is to enhance the quality of life, connectedness, and cognitive and emotional wellness of residents living with dementia residing within continuing care facilities. It is meant to reach beyond the recreation offerings at sites and equip the North Zone (NZ) to provide assessment support and client- specific interventions related to advanced dementia care. We have connected with AHS DSL 4 / 4D, and LTC sites across the NZ; where clients in the advanced stages of dementia commonly reside. This project will support all streams of continuing care within the NZ, as appropriate.

There are expected to be numerous benefits for residents, such as increased wellbeing and mood and increased capacity to address behavioral and psychological symptoms of dementia so that teams can further reduce the use of medications as certain medications can pose risks (such as falls). With the use of therapeutic activity, we can help to keep clients stimulated, engaged and mobile, minimizing the risk of secondary concerns such as worsening depression or delirium.

### **Midterm Milestones:**

- Environmental scan and needs assessment of LTC and DSL 4/4D sites completed
- Project plan developed
- Identified items and content to be included in STEP activity
- Identified sources of items and content
- Resource manual outline developed
- Locations of lending libraries identified

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