

Community Participation Supports Emerging Practices Webinar

Northeast Region

Sheila Theodorou

Director, Bureau of Supports for People with Intellectual Disabilities

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June 18, 2020

- Welcome,
- This is the first in at least four Webinars on innovative, remote Community Participation Services
- These remote services were a necessary outgrowth of the COVID 19 Crisis and the need for social distancing.
- The response to remote Community Participation Services has been overwhelmingly positive with requests for this service option to be continued after the crisis.

- About a month ago we requested CPS Providers statewide to submit descriptions of their innovative services.
- We had a internal committee review the numerous submissions, to identify Agencies in each region that could give a taste of the possibilities offered by remote services.

- Today we would like to Present 2 remote CPS services that operate in and around the NE Region.
- Our agencies and presenters today will be:

LifePath, Inc.of Northeast and Southeast PA
Tanya Schoeffling, Director

Verve Vertu, Deutsch Institute
Gwen Harleman, Director



LifePath, Inc.

Tanya Schoeffling- Director

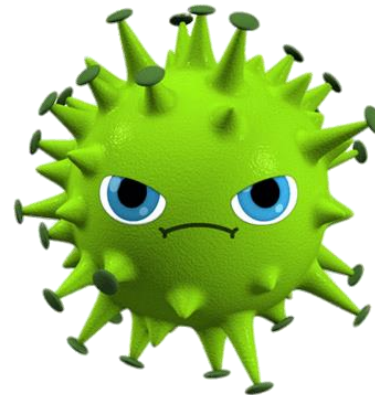
CPS EMERGING PRACTICES

Presented by:
Tanya Schoeffling
Director – LifePath, Inc.

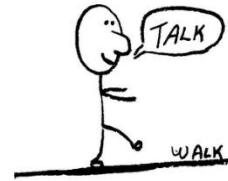


- When COVID-19 decided to hang around longer than we had hoped, as a provider, we realized that we needed to find creative way to remain in touch with our individuals.
- Our teams worked together to develop strategies to deliver services, many remotely, that would be meaningful, but fun!

HOW DID WE GET HERE?

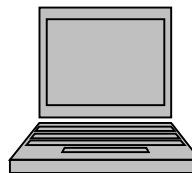


- LifePath delivers services throughout the Northeast (urban) and Southeast (rural and urban) Regions of the Commonwealth.



- Our geography often presents a challenge in the best of times when developing ways to deliver services that are creative, engaging, and meaningful.
- Our staff did an excellent job developing ways to connect with our individuals to meet their needs and the expectations of their families and teams.

REMOTE SERVICES & CPS





**SO, WHAT ARE
WE DOING
NOW?**



- Our first attempt at a remote service was through music therapy, since who doesn't love music?
- We found that music was a strategy that everyone could enjoy and receive some benefit from, even our staff 😊
- LifePath is fortunate to have a musician on staff, Royal, who provides music to our individuals three times per week, for an hour each day. Royal plays guitar, takes requests and sings along with the individuals. If he sees someone not singing, he encourages participation. Recently, he even acquired a group of back-up dancers to add to the experience.

MUSIC THERAPY!





LifePath is hosting a watch party.

11 mins · 🌐

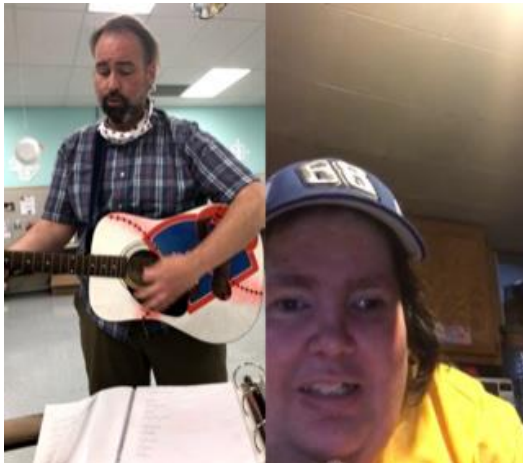


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WATCH PARTY



MUSIC THERAPY

Music Therapy is searched more than **33,000** times a month on Google.¹



Study Shows: Listening to music for 1 hour over a period of 7 days increased feelings of power and decreased pain, depression, and disability related to chronic back, neck and/or joint pain.²

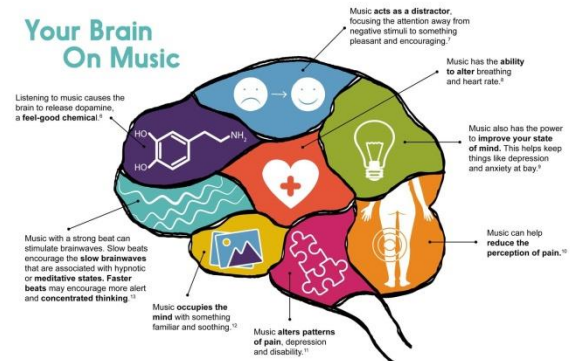


The average PERSON listens to **25 songs** PER DAY.³



Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals with a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.⁴

Your Brain On Music



Try music therapy at home: Music therapy can involve: Add a little music to your day!

- Choose your music based on the purpose of your therapy. For example, choose soft instrumental music or ocean sounds to relax. For pain management, look for music that focuses your mind on things other than your pain and discomfort.
- Sit back and relax. Take deep breaths, close your eyes and let the sound of the music take over your thoughts.
- Listen and concentrate. Enjoy the music for 10-15 minutes as you allow your mind and body to relax and rejuvenate.

- making music
- listening to music
- writing songs
- talking about lyrics

- Humming is often recommended for calming the most and relieving stress.⁹
- Experts believe that rhythmic drumming can aid health by promoting a sense of relaxation, reducing stress and lowering blood pressure.¹⁰
- Playing an instrument for just six months can improve memory, verbal fluency, cognitive function and planning and organizing abilities.¹¹

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¹Google AdWords
²Stedjebeck, S.L. & Gust, M. (2008). Effect of music on power, pain, depression and disability. *J Adv Nurs*, 54(5), 553-62.
³Stedjebeck, S.L. & Gust, M. (2008). Effect of music on power, pain, depression and disability. *J Adv Nurs*, 54(5), 553-62.
⁴American Music Therapy Association
⁵Palmer, M. (2008). *Music Therapy: A Practical Approach*. London: Sage.
⁶Palmer, M. (2008). *Music Therapy: A Practical Approach*. London: Sage.
⁷Palmer, M. (2008). *Music Therapy: A Practical Approach*. London: Sage.
⁸Palmer, M. (2008). *Music Therapy: A Practical Approach*. London: Sage.
⁹Palmer, M. (2008). *Music Therapy: A Practical Approach*. London: Sage.
¹⁰Palmer, M. (2008). *Music Therapy: A Practical Approach*. London: Sage.
¹¹Palmer, M. (2008). *Music Therapy: A Practical Approach*. London: Sage.



- For many of our Life Sharing folks, the inability to travel out and about to places like work, has been challenging.
- LifePath staff have used this as an opportunity to work on skills that increase independence and also help with health and wellness.



BETTER THAN RACHAEL RAY & RICHARD SIMMONS!

- Marissa was brand new to LifeSharing when the pandemic began, so all of her plans for a new job and community involvement were put on hold.
- Fortunately, Marissa's awesome staff, Heather, has been working on tasks with Marissa to increase her independence in areas such as cooking and cleaning, crafts, exercise and generally finding positive outlets for her energy.



WAY TO GO LADIES!

COOKING 101



- Like Marissa, Brian M and Kevin B life share with providers who are considered to be “essential workers.” To Keep Brian and Kevin active and motivated, they continued to receive CPS supports.
- Their CPS worker Syed, keeps them out and about, walking on trails and spending time in local parks that have re-opened.
- Thanks to Syed, Brian and Kevin have been able to thrive due to his commitment to consistency and routine for the gentlemen.



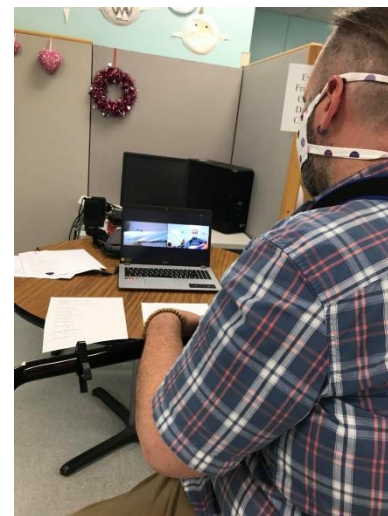
EXPLORING THE GREAT OUTDOORS



- When Royal is not making music for our individuals, he assists individuals, through remote contact, on the correct way to wear a mask.
- He wears a mask himself while doing so to emphasize the importance of them.
- As we begin to return to the community, it is our mission to ensure that all who are able can and will wear a mask appropriately to keep themselves and those around them safe.

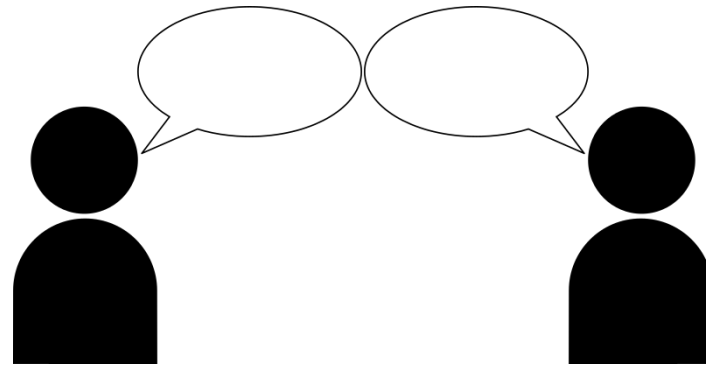


MUSIC MAKER TO MASK MODEL



- In addition to providing support with activities and exercise, our staff have connected with our individuals just to talk.
- Staff have provided essential communication to our individuals to discuss topics like how they are feeling, how COVID has affected them, how prepared are they to return to work.
- Royal is also able to use his music sessions to encourage individuals to express their emotions through song choice and participation.

**WE ARE
HERE TO
TALK ...**



- Fortunately, technology has made remote services possible for the majority of our individuals.
- LifePath relies on FaceBook Video and Zoom to deliver remote services.
- CPS is also delivered through face to face contact with the appropriate steps taken to keep everyone safe and minimize exposure and risk.



HOW ARE WE REACHING PEOPLE?



- To ensure proper documentation and billing, LifePath created a Progress Note Specific to Remote Services.



- The form captures the following:
 - Individual's Name
 - Date
 - Person Making Contact
 - Signature
 - Type of Contact
 - Other Participants
 - Start Time / End Time
 - Summary of Contact

DOCUMENTATION



REMOTE SERVICE PROGRESS NOTE

Name:

Date:

Staff making contact:

Signature:

Other participants:

Type of call:

Start time:

End time:

Summary of contact:

Individuals' Response:

Requested future activities/Other comments:

REMOTE SERVICE PROGRESS NOTE

Name: Mickey Mouse

Date: June 9, 2020

Staff making contact: Walt Disney

Signature:

Other participants: Minnie Mouse, Donald Duck, Pluto

Type of call: Zoom

Start time: 10:00 am

End time: 10:30

Summary of contact:

Mickey seemed to enjoy his first Zoom meeting. He recognized Walt's face but couldn't remember his name. He asked for Goofy and when Goofy stepped in front of the computer he asked him to play the song Layla by Eric Clapton.

Mickey is a HUGE Ghostbusters fan, so Walt was able to find the new Ghostbuster Afterlife trailer on YouTube and play it for Mickey and Minnie. That was a big hit.

Mickey said he was doing good. According to Mickey Minnie, he has only left the house once to go to the park and he did wear a mask. Walt asked him if he missed coming to the day program and both Mickey and Minnie said "YES!". Walt followed up by asking Mickey if he would be willing to wear a mask and stay six feet apart when he returned. Mickey replied yes to both questions.

Mickey asked Goofy about Max, Daisy, and Jasmine. He said he misses them and to say hello. Mickey's Lanta bus driver stopped by to say hello; which made Mickey very happy. Goofy asked what he's been doing while quarantined and he said "eating!" He emphasized that he really likes food. He gave a list of foods he's eaten and said he was going to have tacos for dinner.

Goofy closed the meeting by playing friends in low places and Walt promised that he would find other movie clips for his next zoom meeting.

Individuals' Response:

Mickey was very excited to watch the Ghostbusters Afterlife trailer on YouTube.

Mickey sang along to both country western songs and clapped at the end.

Mickey was very enthusiastic about coming back to program to see staff and share the new Ghostbusters Afterlife DVD with everyone.

Requested future activities/Other comments:

Mickey requested Goofy play Layla by Eric Clapton during the next zoom meeting.

Walt will find other movie clips to share with Mickey.

Since Mickey is a country western music fan, Goofy promised Mickey that he would learn other country music songs to play.

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SAMPLE DOCUMENTATION

- As LifePath's Remote Services continue to grow, our staff have continued to offer new and innovative ideas for our individuals; some which can also be done through CPS.
- Move over Bob Ross, LifePath's resident artist has plans for Zoom painting classes ...
- If individuals want to exercise, but it is a rainy day, exercise and yoga sessions can be planned to fill that void.
- Crafts, bingo, book clubs, the ideas are endless and can keep everyone busy and learning, while having fun!

**IDEAS, IDEAS,
IDEAS...**

- Please feel free to reach out to me with any questions or comments.
 - tschoeffling@lifepath.org
 - 215.257.0471 x.1122

THANK YOU
FOR YOUR
TIME!

Verve Vertu Art Studio

Deutsch Institute

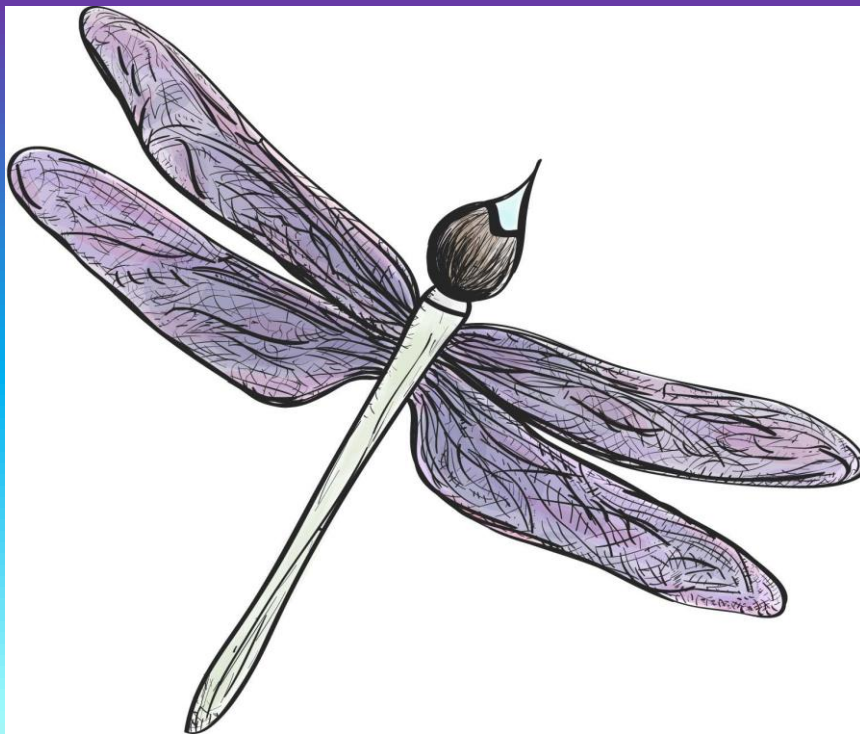
Gwen Harleman - Director





Verve - high energy
Vertu - excellence in objects of art

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Community Interactions



Looking Ahead

Envisioning The Future



Question & Answer Session

To submit a question for our presenters, navigate to the question pane of your GoToWebinar panel and enter your question in the text field.

Contact Information

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