

How to Create a Year's Worth of Activities From Just a Few Interests

- Sara Sherman -

January 19, 2022



Who are you, and what do you
do?

Housekeeping:

- Ask questions at any time
- We'll take a break about half-way through
- You'll get a copy of the slides at the end 😊

I'm Sara



From Columbus, Ohio

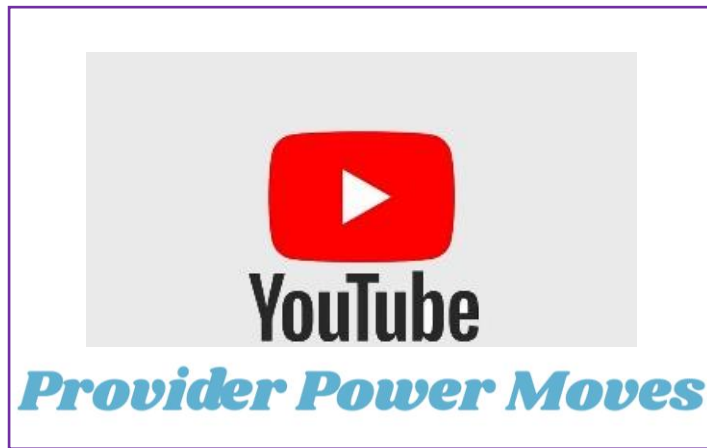
30 years experience in the DD field...

- **Lead Medicaid Policy Developer** - Ohio Department of Developmental Disabilities (Dep Director)
- **Managed Care Contract Manager** – Ohio Department of Medicaid
- **Section Chief HomeCare Waiver Clinical Services** – Ohio Department of Medicaid
 - Created Ohio's Private Duty Nursing Program
- **Director of Vocational Rehabilitation** – Licking/Knox Goodwill
- **ICF/IDD Administrator/Director** – 2 Agencies
- **Director of Residential Facilities Waiver Homes**
- **Director of Services and Supports Administrator** – 2 County Boards of Developmental Disabilities
- **Metropolitan Housing Director**
- **Project Manager for Ohio Department of Medicaid** - MMIS Managed Care System
- **Managed Care Oversight** – Health Services Advisory Group (HSAG)
- **Director of Provider Oversight - Ohio Medicaid HomeCare Waiver** – Public Consulting Group
- ASI – **Fiscal Management Services** in Missouri and Georgia
- **Advocacy & Protective Services (APSI)** Representative (Guardian Agency)
- **Community Employment Coordinator**
- **County Case Manager**
- **Activity Therapist** – Developmental Center

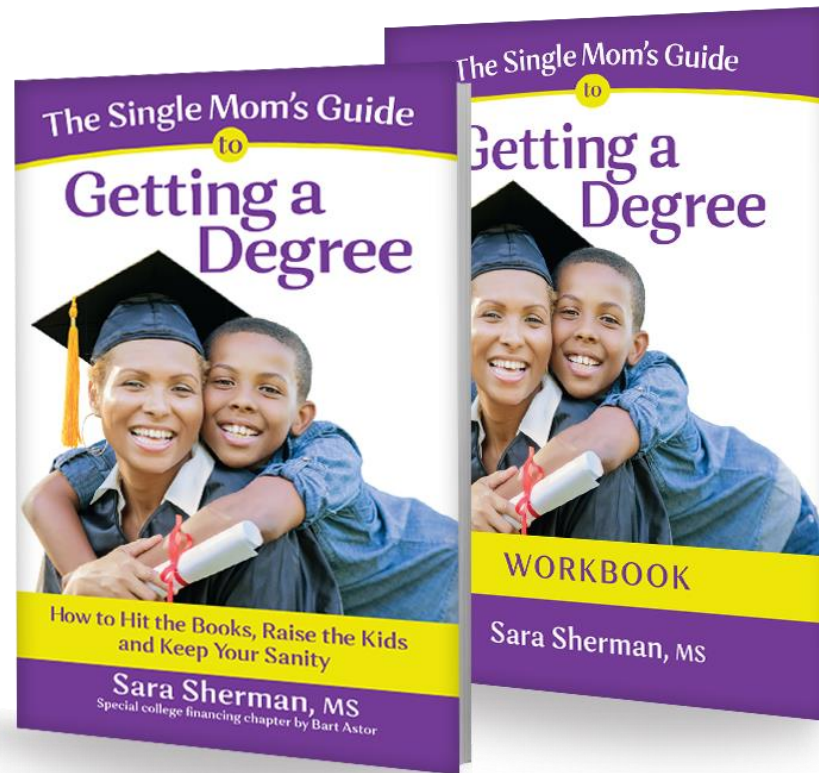
Sara Sherman Consulting:

- Nebraska Division of Developmental Disabilities
- Missouri Division of Developmental Disabilities
- Ohio Department of Developmental Disabilities
- Maryland Division of Disabilities Administration
- University of Missouri Kansas City
- Optum/United HealthCare
- Public Consulting Group
- American Association of Service Coordinators
- Ohio Provider Resource Association (OPRA)
- Pennsylvania Advocacy and Resources for Autism and Intellectual Disability (PAR)
- Texas Provider Association – PACTX
- Kansas Provider Association – Interhab
- Arkansas Provider Association - DDPA
- Direct Service Providers, County Boards, TCM providers
- SafeinHome
- Norwich Consulting
- Quillo

Other Projects...



SINGLE
MOMS
ASK *Sara*
Priorities and Plans for a Kick Ass Life





Create a Year's Worth of Activities From Just a Few Interests



BORED TO BUSY

A Step-by-Step Blueprint to Develop
Meaningful, Sustainable, Integrated Activities

Free gift for you 😊



Integrated Activities

What's the big deal?



We care about activities because:

- They are fun
- Stimulating
- Enriching
- Educational
- Occupy our time
- Keep staff busy
- Relationship building
- Keep minds and bodies active
- Connect us to our world

The truth of the matter is...

As a system, we struggle to create
individualized, meaningful,
integrated, relationship building,
community-based activities

And this means...

The people we serve don't have
the lives they deserve, the lives
they desire, or the lives we have.

They have less.

That is both...

Not fair

And illegal

Olmstead Decision says...



1st...

Institutional placement for people who can benefit from and handle community settings **perpetuates the idea that the people being isolated are incapable or unworthy of participating in community life.**



2nd...

That confinement in an institution severely diminishes the every day activity of those individuals. Including their ability to **maintain family relations, have social contacts, have employment options, economic independence, educational advancement, and experience cultural enrichment.**

Person Centered Planning requires:

*This planning process, and the resulting person-centered service plan, will assist the individual in achieving personally defined outcomes **in the most integrated community setting**, ensure delivery of services **in a manner that reflects personal preferences and choices**, and contribute to the assurance of health and welfare.*

<https://www.cms.gov/newsroom/fact-sheets/home-and-community-based-services>

CMS Integrated Focus...

Settings Rule:

Promoting community integration for older adults and people with disabilities remains a high priority for CMS.

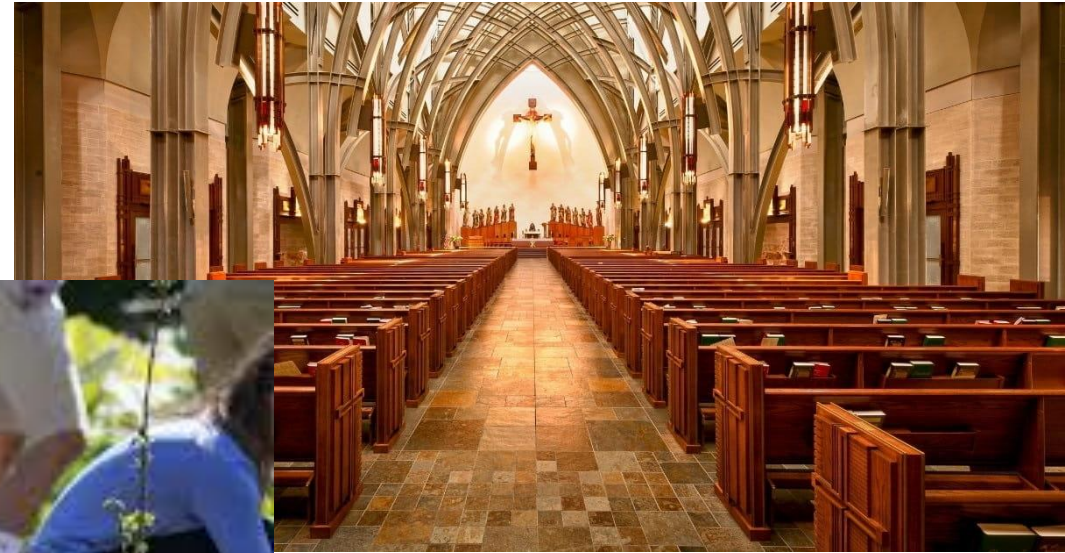
CMS HCBS Fact Sheet:

In addition, this rule reflects CMS' intent to ensure that individuals receiving services and supports through Medicaid's HCBS programs have full access to the benefits of community living and are able to receive services in the most integrated setting.

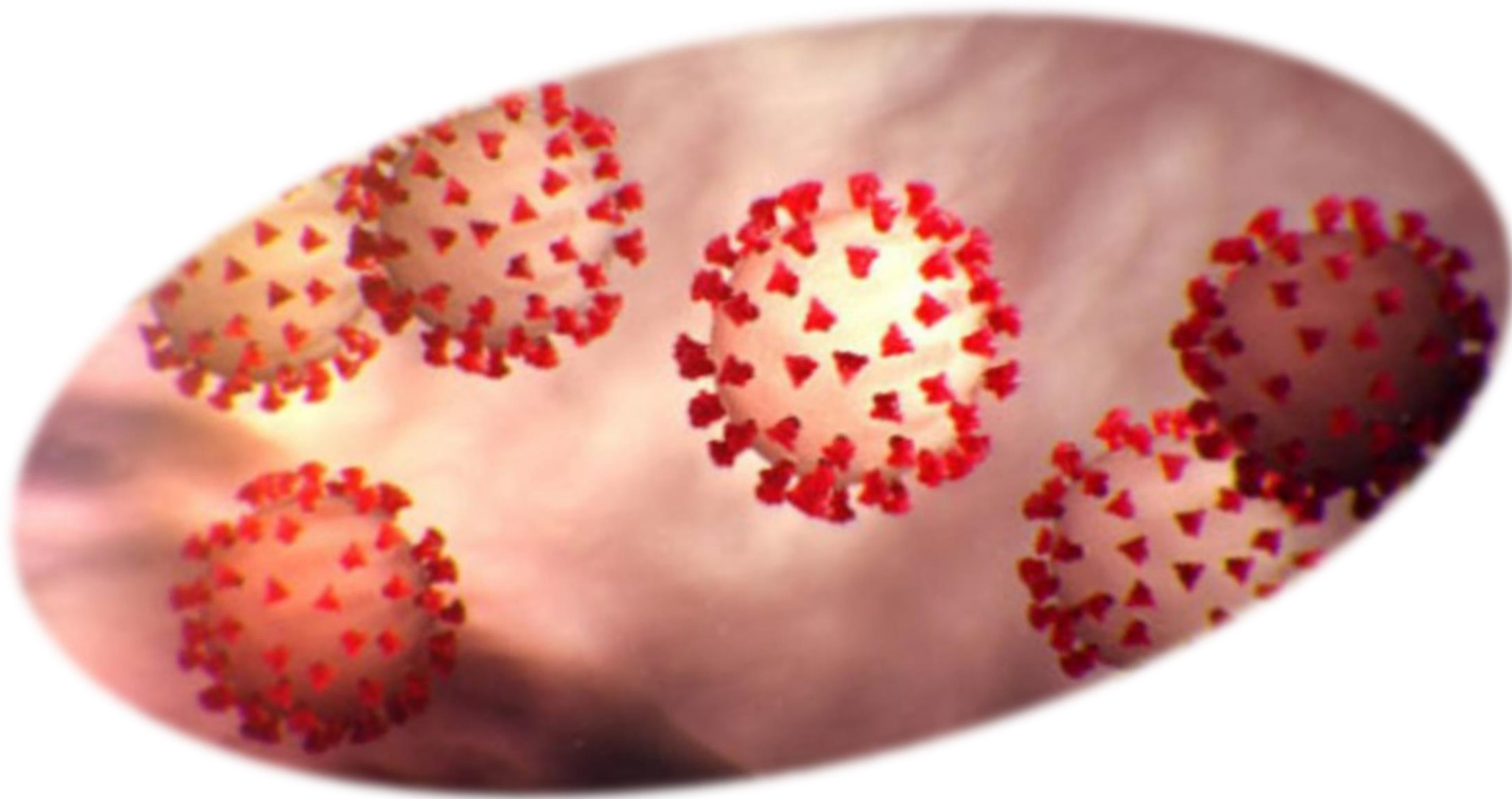
These are our values....

- Life
- Liberty
- Pursuit of
Happiness









Why do we struggle?

- It's hard to think of things to do
- It's hard to create a planning framework
- We don't have good services plans to work from
- The people we serve don't have a large frame of reference to draw from
- We don't know how to connect people to the world

We want the people we serve to...

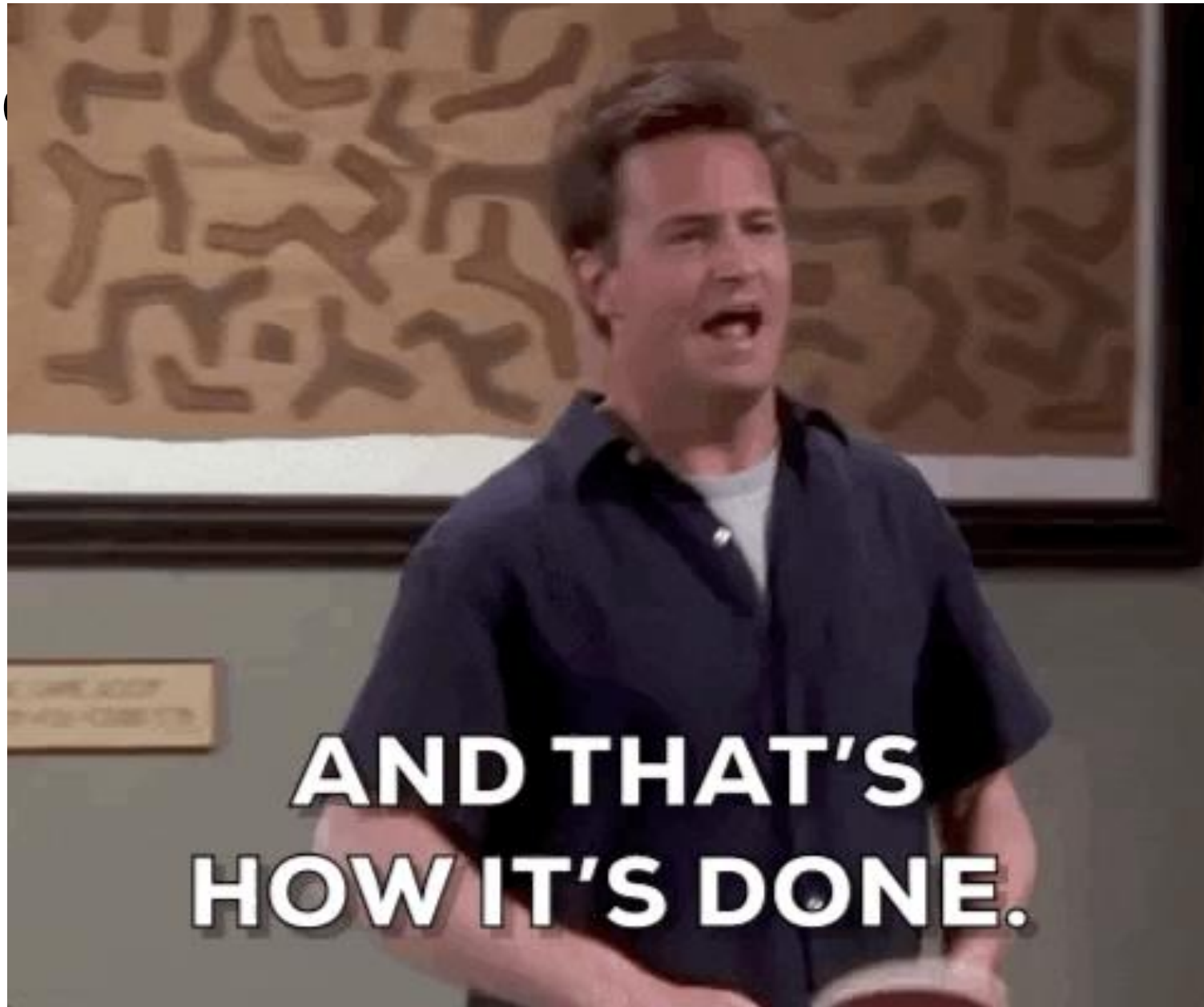
- Have a great life
- Have fun
- Try new things
- Have people who love them and people they love
- Be as independent as they can be
- Grow, fail, experience, matter, contribute, be missed
- Be curious
- Be able to give back
- Thrive
- Have a meaningful existence here on Earth

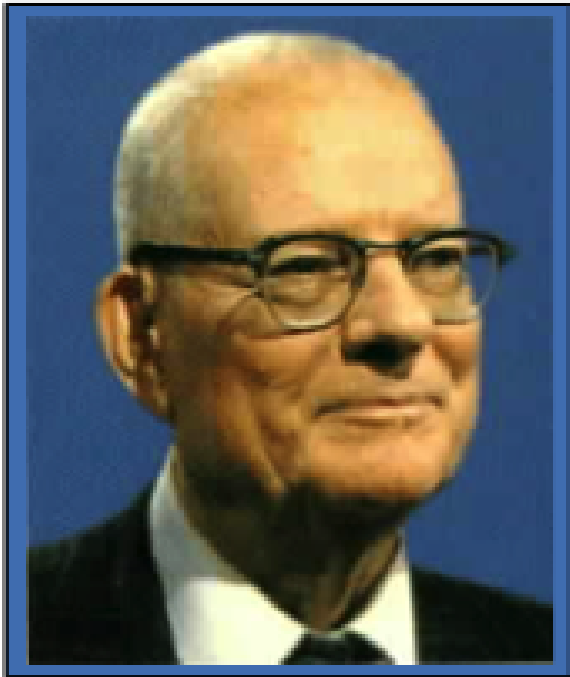
In other words...

We want those we serve to have a good life, rich with meaningful experiences



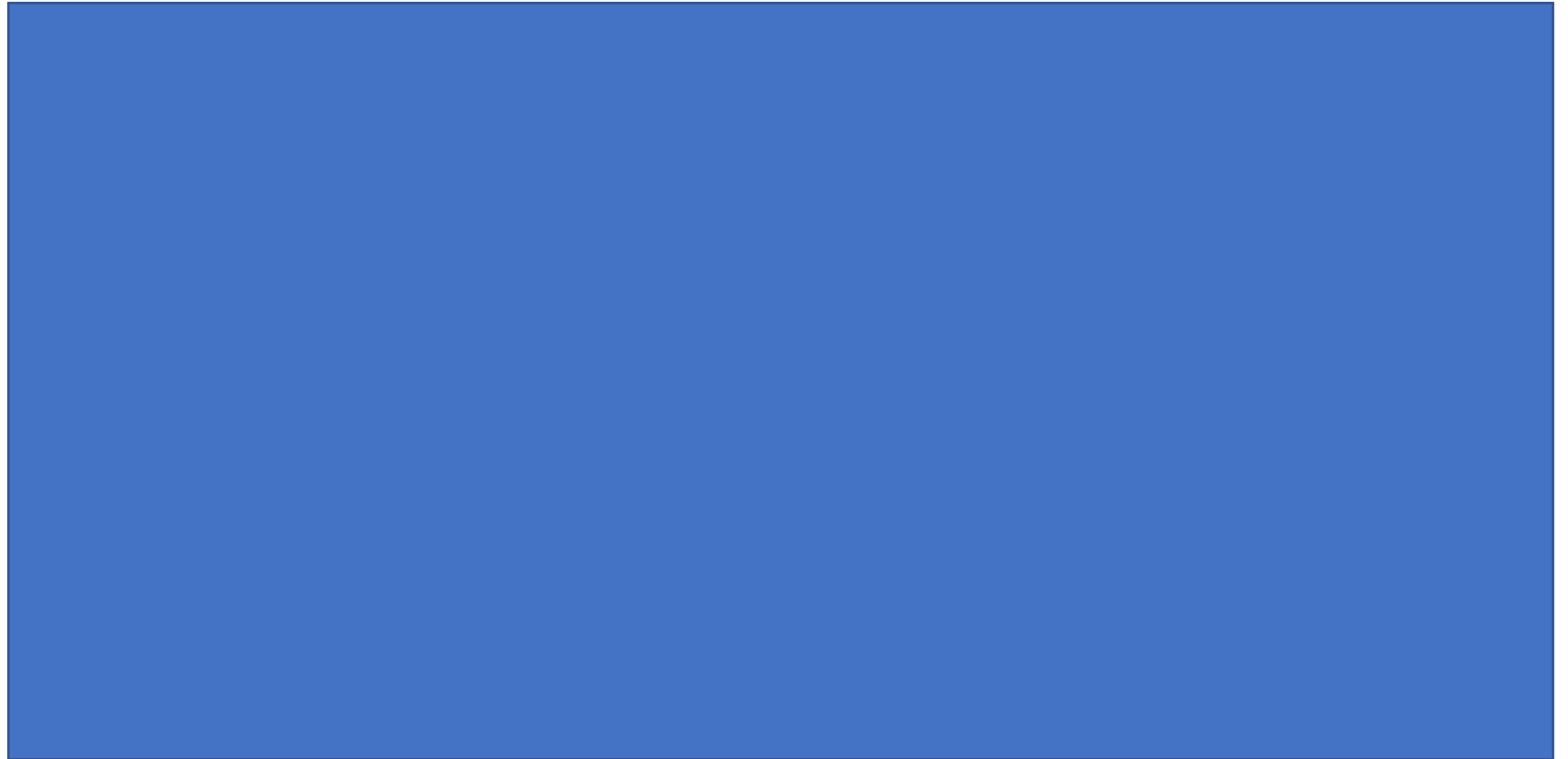
Move c





1900-1993

W. Edwards Deming



The How:



When planning activities your goals are to:

- Be diverse (Not same old same old)
- Be interesting
- Challenge
- Consider time
- Build relationships with staff, and with non-paid people
- Create excitement and curiosity
- Build on likes and interests
- Develop frames of reference
- Consider budget
- Have fun

Big Brainstorming Blitz Method

How do we usually plan activities?

- “What do you want to do?”
- “Where do you want to go?”
- “Do you want to ____ again?”
- “Do you want to go ____ or ____?”
- We’re going ____
- We’re doing ____

Why do we do this?

- It's easier
- We can't think of anything other approach
- We're busy
- We're in a hurry
- We have to take a lot of people at once
- We feel hampered by the hours we serve
- We are waiting for communities to create new activities
- Our inter-agency communication is poor

What's the theme here?

It's all about us

As a result, those we serve are
missing out on a great life

Start with: An INTEREST



Secret Failproof Blitz-Launch Question:

What do you *like*?

People experience life through their senses

Then...add the 7 B's:

- Be of service
- Be social
- Be in the public
- Be curious
- Be challenging
- Be creative
- Be fun



Brainstorm the ideas:





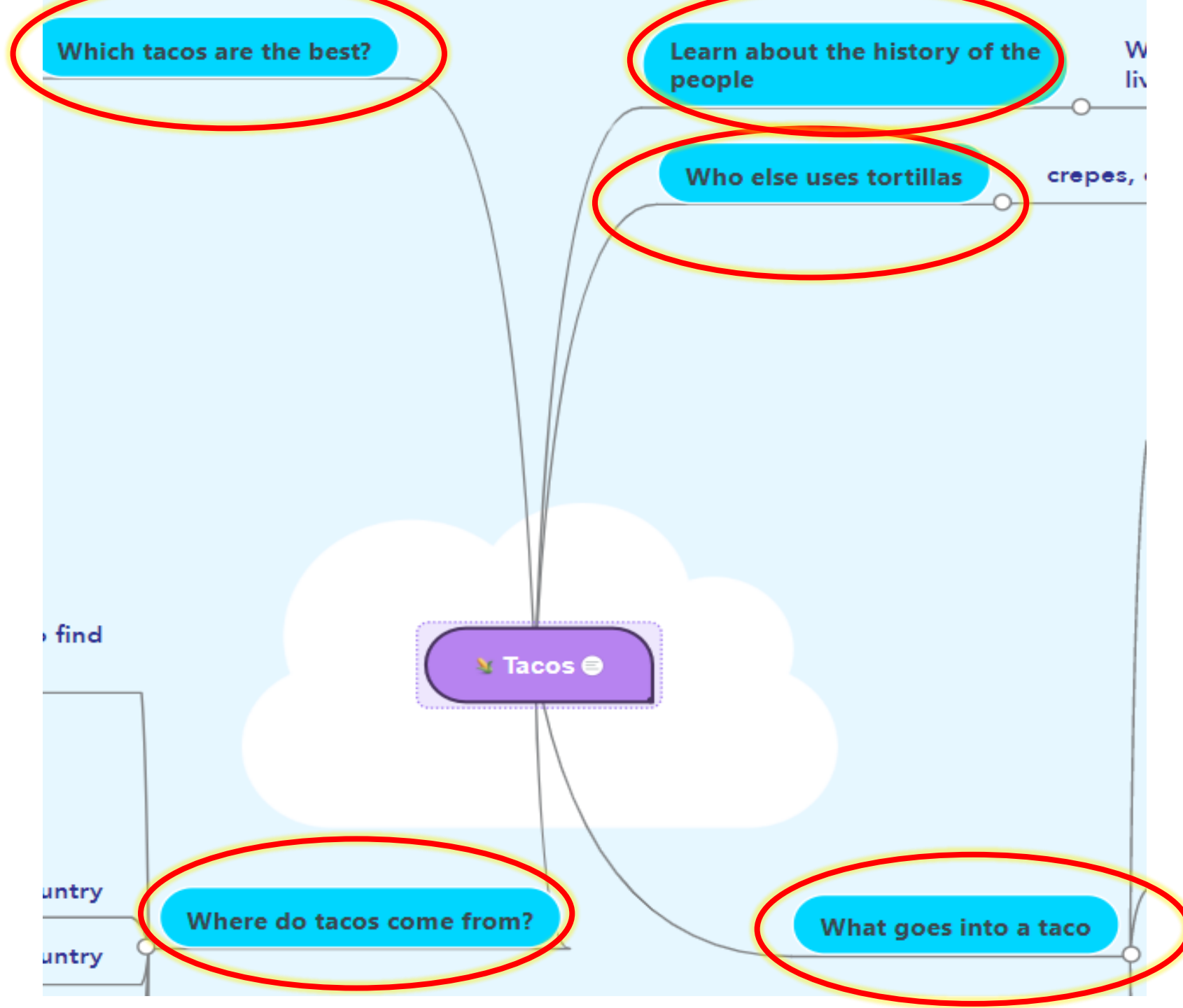
DSP Power Moves

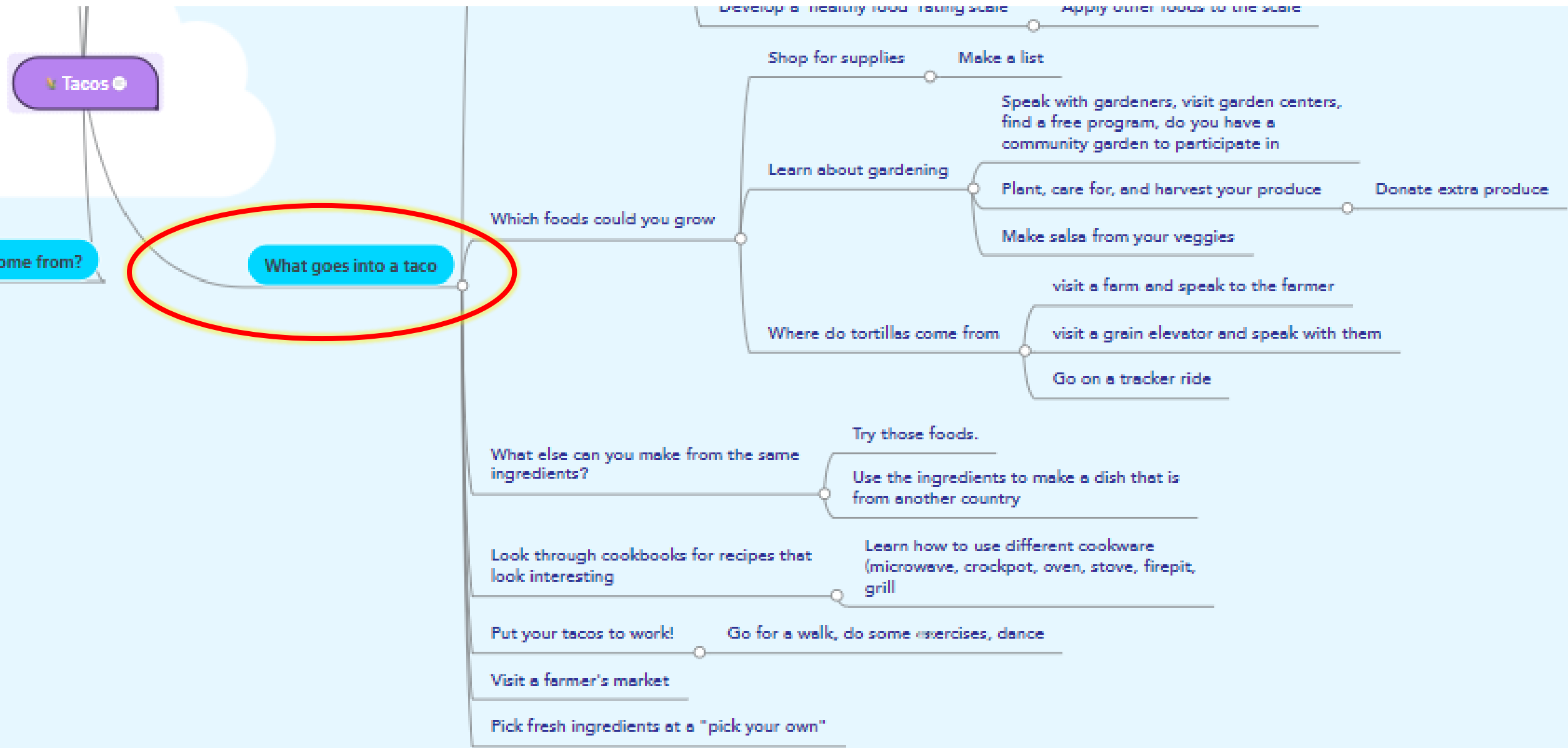
Practical Steps. Big Results.

Create Lots of
Activities from
1 Favorite Food









Track the countries and cross them off your list

Connect the person's interest to the country - dance, religion, holiday customs, clothing, animals who live there, weather

Try things they do in each country - soccer, listen to music, try other foods, crafts

Go to library and ask librarian how to find info on where tacos come from

Learn about each country

Make other foods from each country

Make the tacos of each country

Learn some words from the language of the country

Why do we eat tacos? When did tacos become popular, how many people eat tacos.

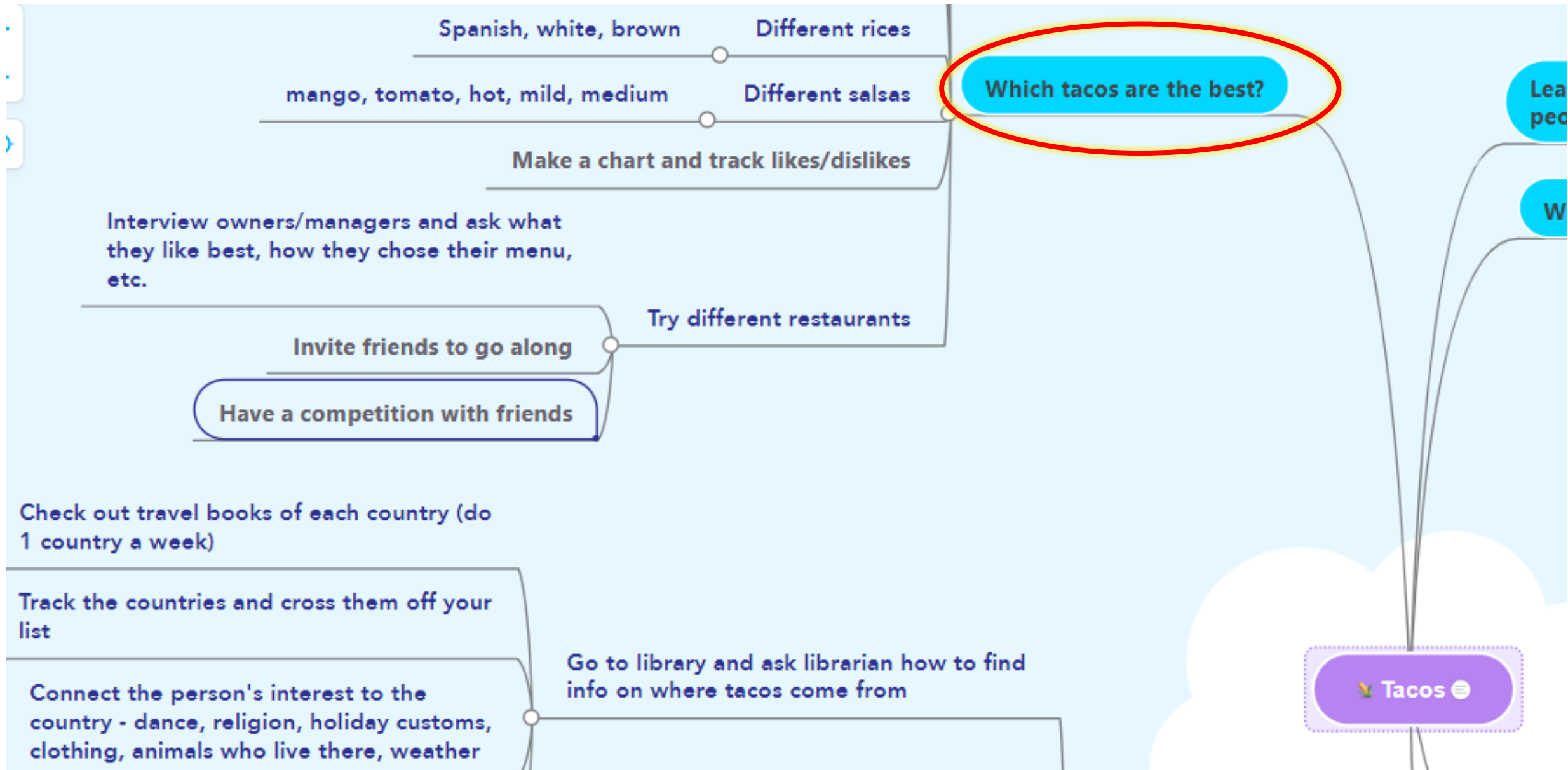
Do puzzles of foods, countries, landscapes, etc.

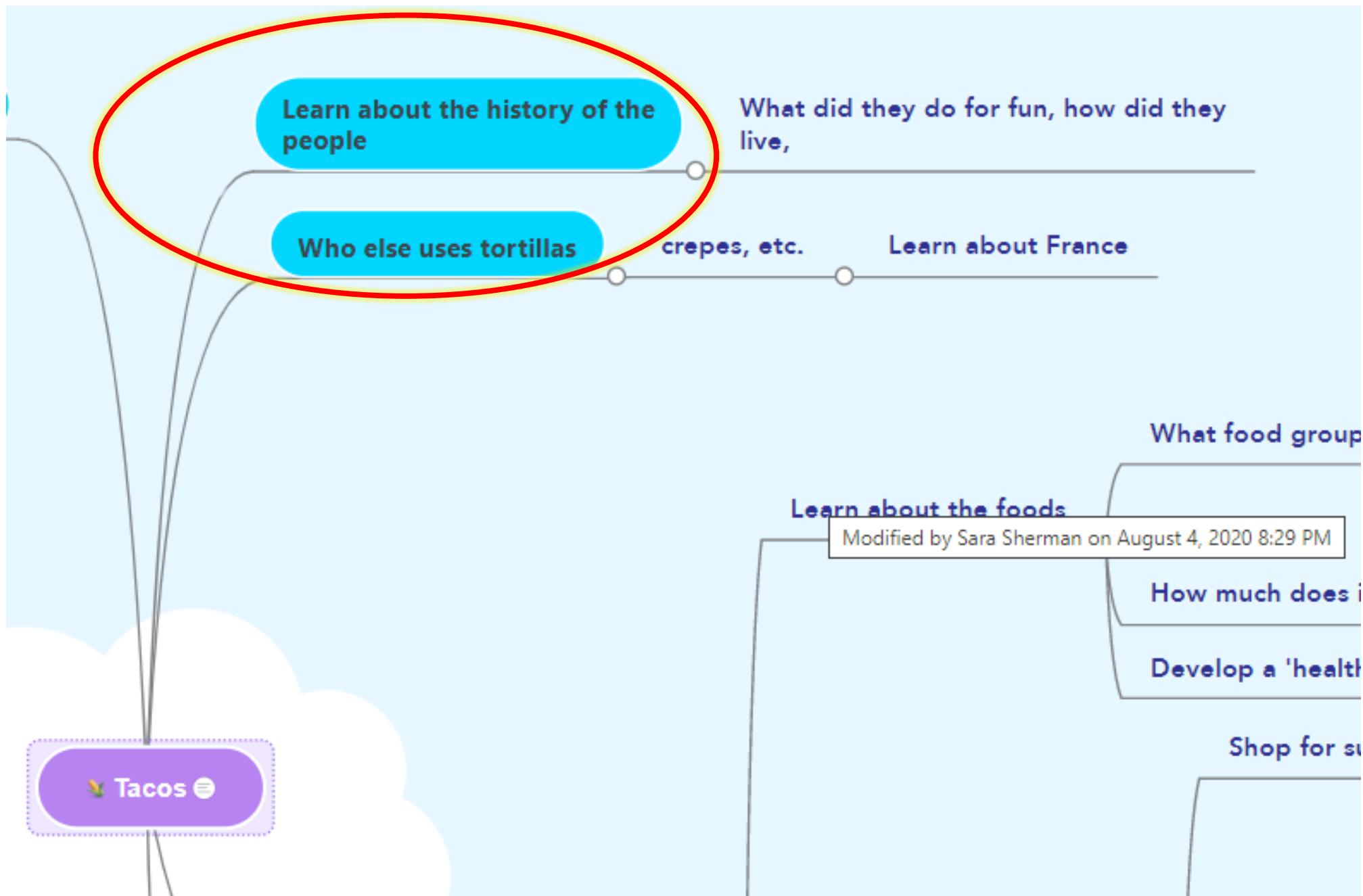
What desserts go best with tacos, make them!

What else do they eat in these countries

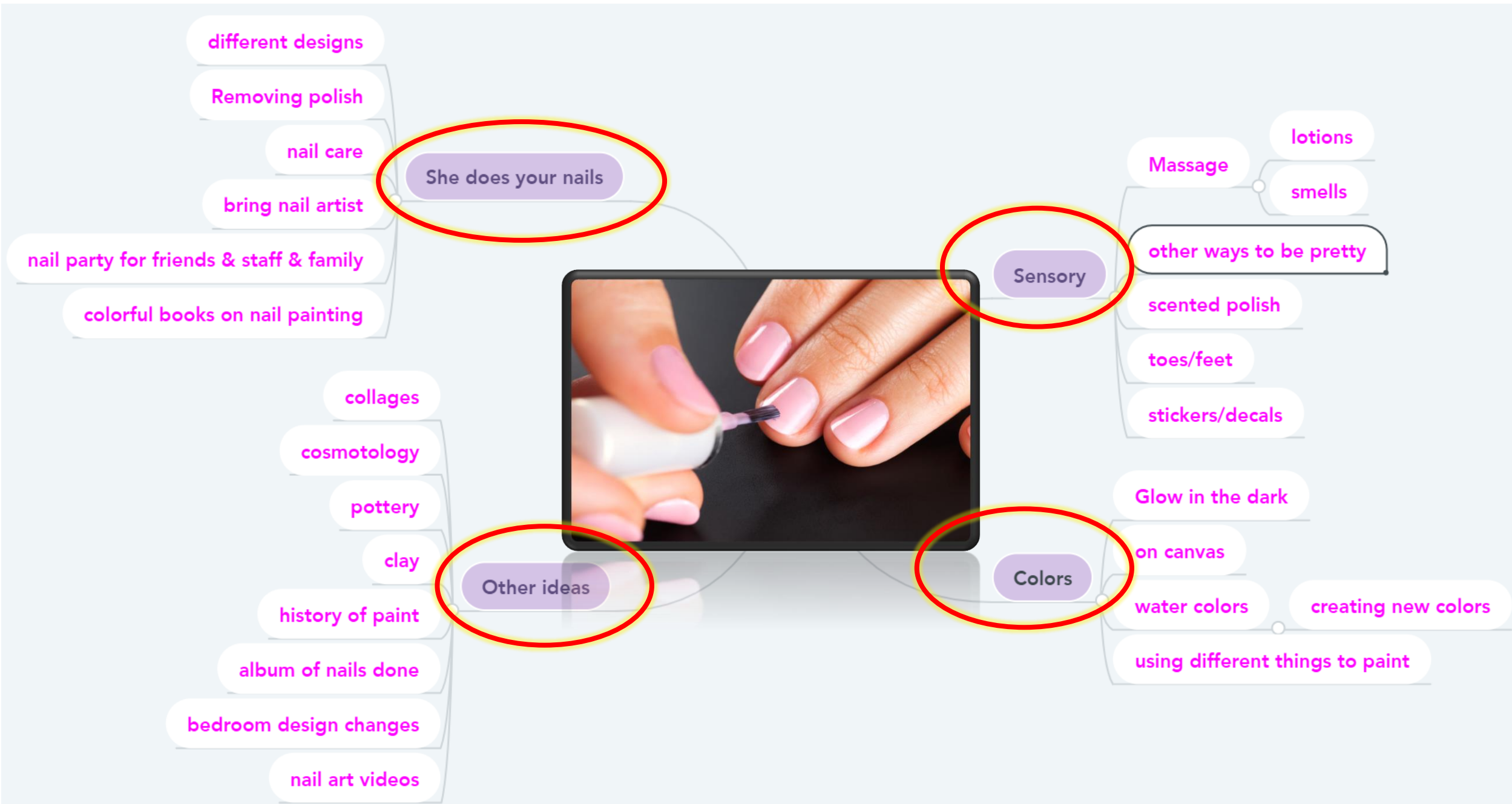
Tacos

Where do tacos come from?





Let's try something different



👉 Nails Painting

Sensory

Massage

lotions

smells

other ways to be pretty

scented polish

toes/feet

stickers/decals

Chew in the dark

Nails Painting

Colors

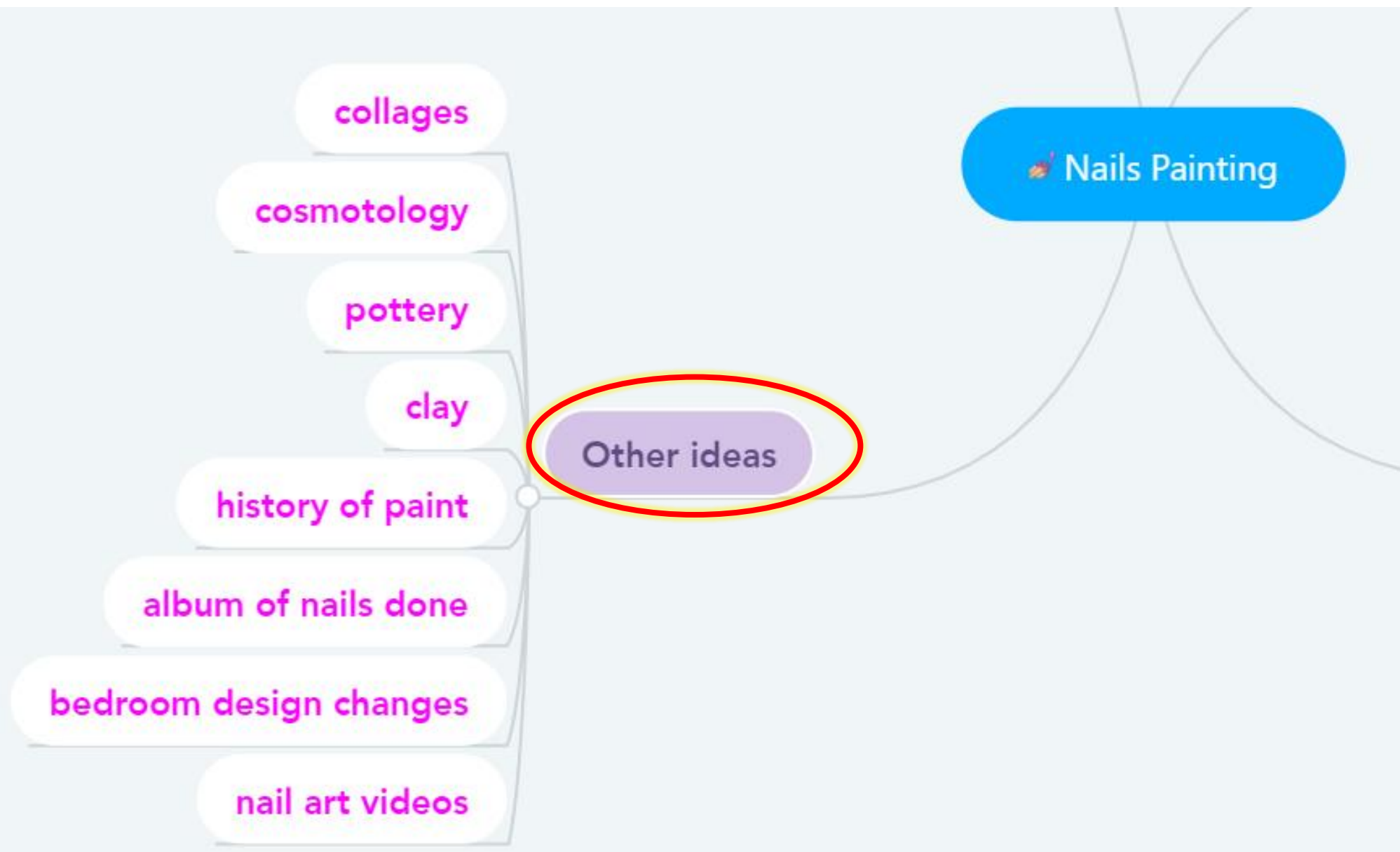
Glow in the dark

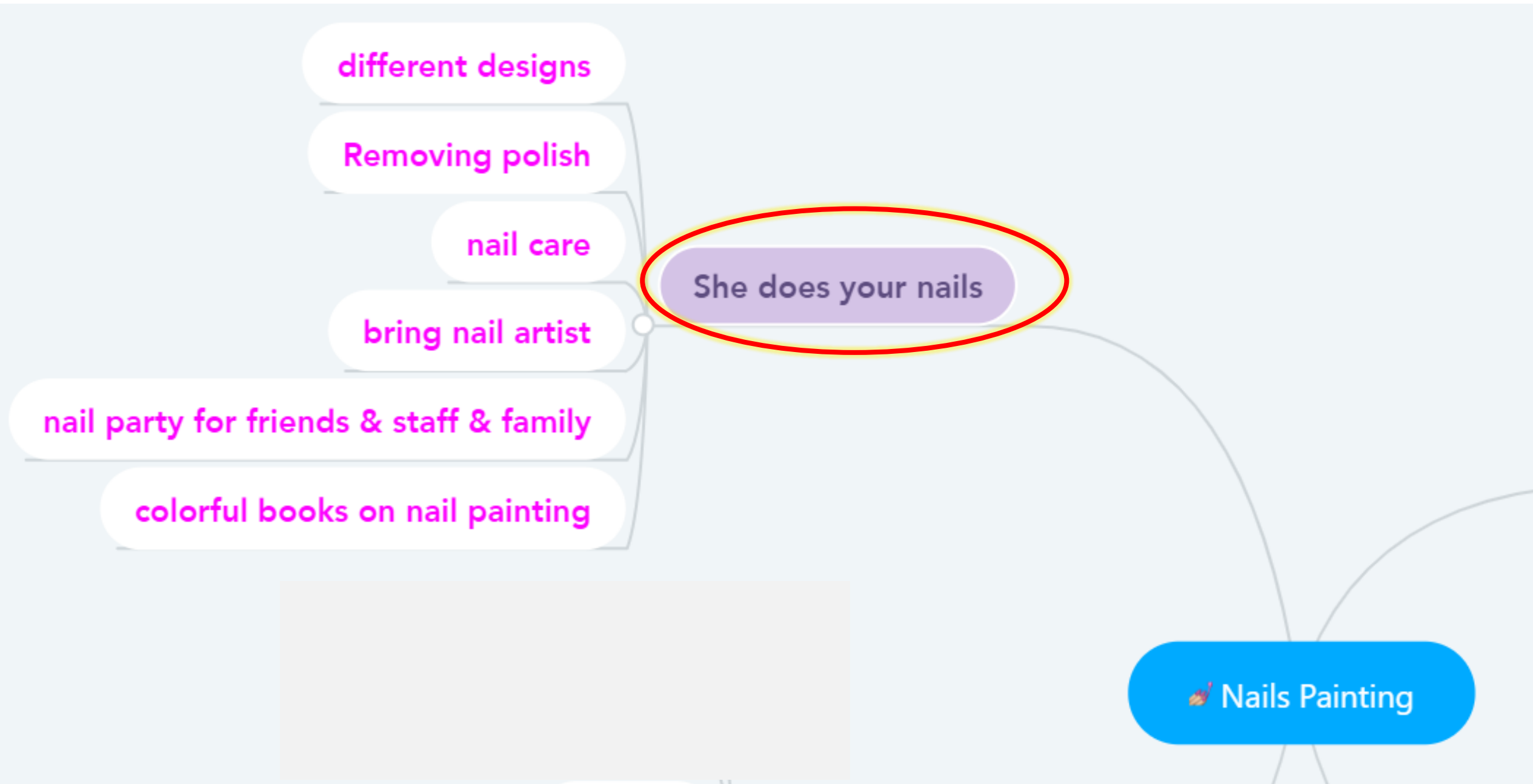
on canvas

water colors

creating new colors

using different things to paint





MindMeister:

www.mindmeister.com

(Free for 1st 3 maps)

Your turn...

Recap:

- Start with an interest – and build by asking questions and extending ideas
- Connect to the senses
- Challenge
- Consider time
- Build relationships with staff, and with non-paid people naturally

Then...add the 7 B's:

1. Be of service
2. Be social
3. Be in the public
4. Be curious
5. Be challenging
6. Be creative
7. Be fun



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Compare Salsas

Get a Massage

Paint Different Objects

Plant a Garden

Big Brainstorming Blitz Method Review:

- Start with an interest
- Ask a few questions about the interest
- Brainstorm activities to address the questions
- Appeal to the 5 Senses
- Up-level with the 7 B's
- Include the individual as fully as possible



We want the people we serve to...

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- Have fun
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- Have people who love them and people they love
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In other words...

We want those we serve to have a good life, rich with meaningful experiences - that they direct and control.



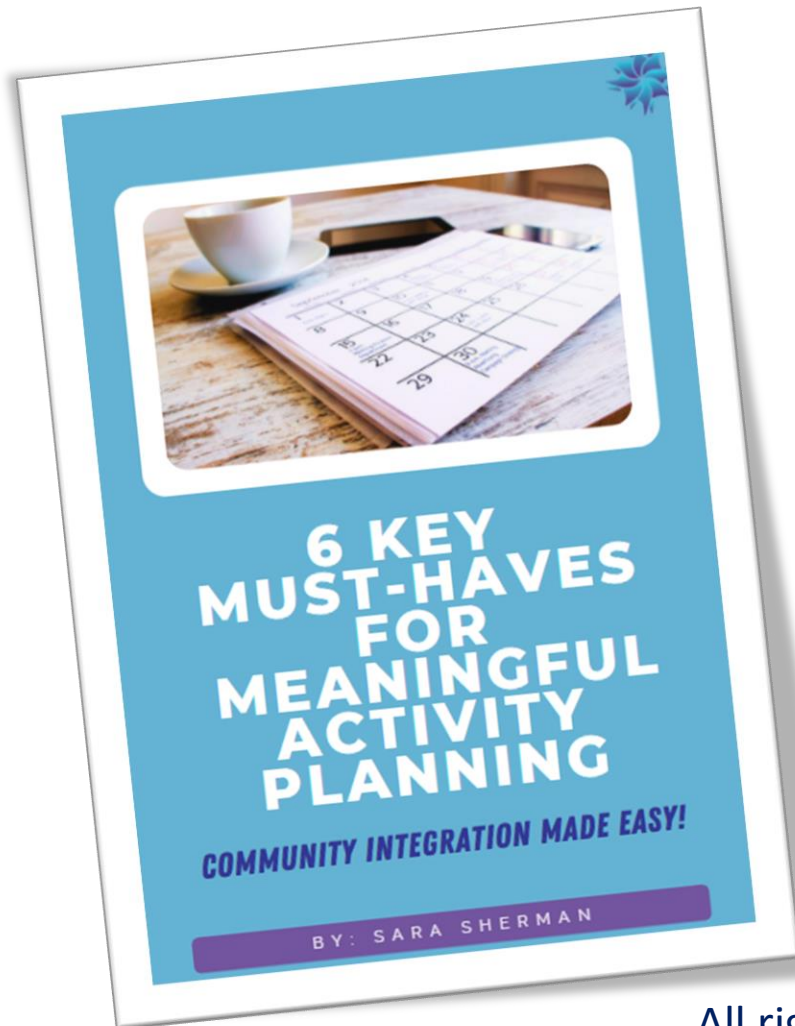
6 Key Must-Haves for Meaningful Activity Planning

U.C.U.G.G.C.

6 Key Must-Haves for Meaningful Activity Planning

1. **U**nderstand the Why
2. **C***reate Meaningful, Community-Based Activities*
3. **U**se Activities to Build Relationships (*All 6 Kinds*)
4. **G**ive DSPs the Reigns
5. **C**apture the Gold (*Documenting*)
6. **C**arry Forward Into Planning

Free gift for you 😊



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