

# Changing Lives with ARTS\*

Activities, Restorative and Therapy in Sync

Fun, Computer-based Activities Offer Proven Therapeutic Benefits



# Enjoyable Content Makes the Difference

ARTS gets results because its interactive content targets the interests and needs of older adults, including those with cognitive impairments.



## Making Connections

Super easy e-mail and Skype® enable regular interaction with loved ones, while apps like “My Story” encourage users to share their history in words and pictures.



## Having Fun

The iN2L library offers users enjoyable games, movies, classic television and entertaining content on topics ranging from history to travel to music to art.



## Staying Active

Computer content is available to enhance therapeutic activities. Imagine being able to view scenic routes while riding a stationary bike or improve motor skills with flight simulators.



## Keeping Sharp

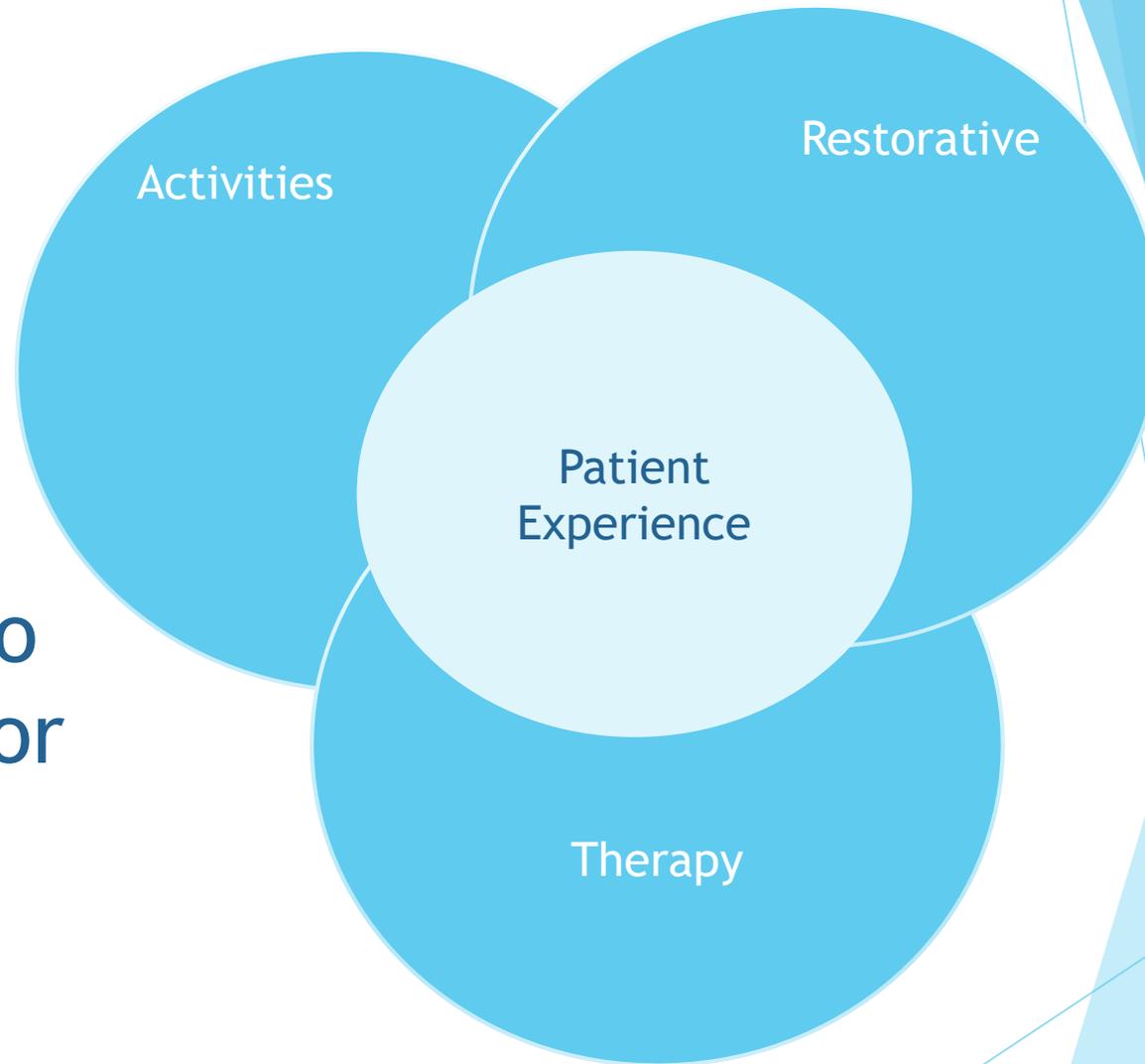
Trivia, quizzes, games and puzzles can help stimulate the mind. iN2L also includes noted brain fitness programs like Happy Neuron.™



## Caring for the Spirit

Sermons, hymns and inspirational videos are available for those seeking spiritual nourishment.

Combining individualized meaningful activities with functional therapeutic goals to create a program for each patient that promotes overall wellness.



## Mrs. Wade

Heart attack - 6 weeks in ICU on a ventilator.

Mrs. Wade was depressed when entering the skilled nursing facility completely dependent on staff for ADLs. Rehab progressing slowly.

After weeks of therapy, could stand for 6- 7 minute intervals. Facility received the program and Ms. Wade was interviewed to determine her interests and stated that she enjoyed going to the casino when she was at home. Mrs. Wade states she would look forward to going to therapy to improve her strength, but she enjoyed playing the casino games much more to see how much money she could win. Her tolerance for standing increased from 7 minutes to 15 minutes within a day while playing the game. Ms. Wade also used the Restorative and Activities computers to play the casino games when she was not in therapy. Ms. Wade was discharged home with her family and she was able to walk out of the facility on her own.



### Van Ayer

One of our residents is from India. Her religion is Hindu. She did not have anyone to interact with as it relates to her religion and culture and seemed isolated and was not progressing. The IN2L has music and spiritual programs that are specific to her culture. Through the use of the system, India is not so far away and she is able to practice her religion with others. She has most recently starting using the Skype feature on IN2L to visit with her daughter in London, England. This has improved her outlook and she is participating.

### Humboldt

Would not participate in therapy or activities. Member of the Rockabilly Hall of Fame. He has been encouraged to participate in his therapy and activities because he enjoys listening to and watching his own songs on YouTube on IN2L.

We have noticed that it has helped decrease one of our patients behaviors. Although she is unable to use the computer due to her mental and functional status she often likes to listen to the juke box. One night she was exit seeking and our nurse turned some music on and she calmed down. Now they have D/C'd her anxiety medication and continue to use music with her when she gets agitated due to the her positive outcome.

## Union City

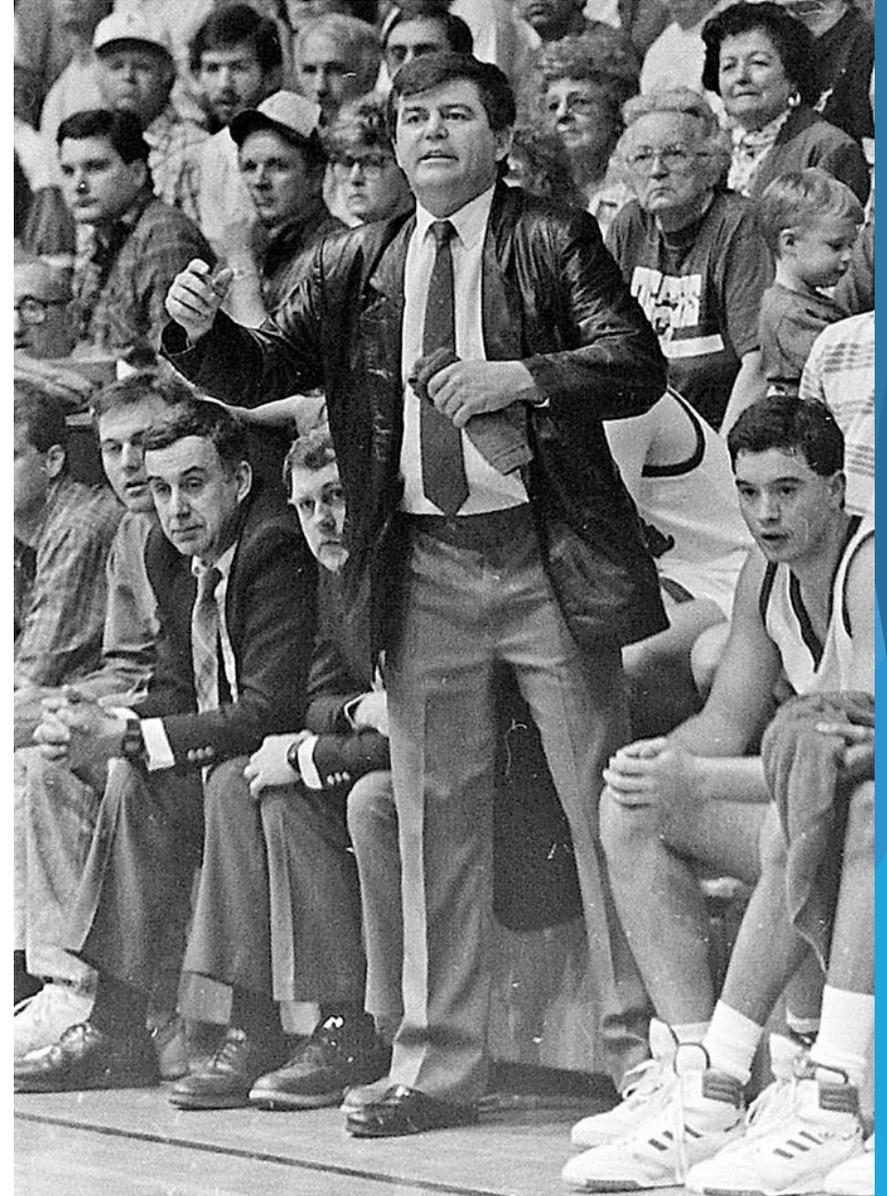
Created afternoon and evening “buttons” on the iN2L computers to promote calming activities for the evening and bedtime hours. Two patients were experiencing “sundowners” and became very restless and agitated prior to bedtime. Normally, these patients would have received a medication to help them sleep or possibly something to calm their agitation. Now, the staff use the program to sooth the patients. The program is new on iN2L and has soft soothing music in the background with soothing scenes on the screen. When you touch the screen, it interacts with the patient. Example: Water sounds with water on the screen. When you touch the screen, the water interacts making ripples in the water. To date, this has prevented these two patients from receiving any type of medication. Their agitation has decreased and they are improving their range of motion.

## Dyersburg

We have had one male patient who is a veteran that using the iN2L computer. He was an army mechanic. He exhibits aggressive behaviors at times. We have found that as the patients behaviors start to escalate staff can intervene with the iN2L computer and can show him videos and photos of old helicopters. Then, the patient becomes engaged and interactive. He will immediately start naming the models of the helicopters. He will point to the screen and tell staff the names of the parts and how he repaired them. The patient’s demeanor changes, he calms down, and allows for staff to deescalate aggressive behaviors and focus on recall and hand\eye coordination.

## **Coach Jimmy Whitby**

- Amassed over 850 career wins
- 1986 TSSAA Class AA State Champions
- Inducted into the TSSAA Hall of Fame
- 2006 - Diagnosed with Alzheimer's Disease and Parkinson's Disease.
- 2017 - Unable to complete ADLs  
Does not communicate  
Exhibits frustration with interactions  
Rarely recognizes family members
- 2018 - Facility introduced ARTS program







<https://www.localmemphis.com/news/local-news/local-health-alert-technology-is-changing-the-way-skilled-nursing-patients-think-about-therapy/>

Questions?