



A Touch for all Seasons



Seasons Hospice & Palliative Care has developed a highly specialized program for people in the advanced stage of dementia and other neurological illnesses. *A Touch for All Seasons* was designed by Joyce Simard, MSW,* an internationally recognized dementia expert. *A Touch for All Seasons* uses person-centered approaches to improve quality of life through meaningful sensory activities that stimulate the senses, promote relaxation, and offer comfort and serenity to those living with dementia. Although specifically designed for people with advanced dementia, the sensory approaches used in *A Touch for All Seasons* enhance the lives of infants, children and people with other diseases as well as provide moments of peace and tranquility to family caregivers.

A Touch for All Seasons approaches are provided by all members of the hospice interdisciplinary staff and volunteers. Our certified nurse assistants provide bathing, dressing, grooming and hydration as meaningful activities rather than task completion. Other disciplines and volunteers are involved with providing gentle hand massages, spiritual reading, music and reminiscence. Seasons Hospice promises that with *A Touch for All Seasons*, each person's individuality is respected, approach to care is offered to maximize pleasure and comfort, and all care by all staff and volunteers is offered with a loving touch.

Benefits of A Touch for All Seasons:

- Designs person-centered care approaches as meaningful activities to individualize care based on the Lifestyle Assessment
- Uses sensory stimulation that help soothe and evoke feelings of comfort
- Creates a calm, relaxing environment for the provision of care
- Teaches loved ones ways to interact with the person with advanced dementia
- Adds a layer of professional caregivers to the existing team

Goals of A Touch for All Seasons:

- Enhances the quality of life for people with advanced dementia
- Diminishes feelings of stress and anxiety
- Eases suffering
- Supports family by providing coping skills
- Promotes feelings of personal meaningfulness

Who is Eligible?

- People living with:
 - Advanced dementia
 - Advanced Parkinson's Disease
 - Debility
 - Any disease causing cognitive impairments

What are the costs?

- The hospice Medicare and Medicaid benefits are inclusive, and there are no additional charges billed to patients and families.
- Coverage under a managed care contract is negotiated on a case-by-case basis.



Our Mission:

Honoring Life ~ Offering Hope

Our Vision is to:

- ♥ recognize that individuals and families are the true experts in their own care,
- ♥ support each other so we can put our patients and families first,
- ♥ find creative solutions which add quality to life,
- ♥ strive for excellence beyond accepted standards, and
- ♥ increase the community's awareness of hospice as part of the continuum of care.

Case Vignette:

Mrs. Smith is an 88 year old widow living in the advanced stage of Alzheimer's disease. She resides in a special care unit of a nursing facility and is being cared for by the nursing home staff and the Seasons Hospice team. Her family visits on the weekends but has difficulty knowing what to do during the visits as Mrs. Smith does not recognize them and rarely speaks. Seasons Hospice staff completed the Lifestyle Assessment with the family and nursing home staff to develop a plan of care that was person-centered, specifically recognizing what was important to Mrs. Smith prior to her illness. They learned that she enjoyed growing flowers, loved dancing, took great pride in her appearance, and visited the beauty shop weekly. The hospice nurse and social worker developed Mrs. Smith's individualized care plan based on the information gathered in their assessments and conversations with the staff of the nursing facility. Her hospice CNA provided bathing and grooming with approaches that diminished the restiveness that care staff had been experiencing while trying to provide personal care. The hospice CNA introduced herself to Mrs. Smith as her beautician who was going to offer her a spa day. She played soothing music and sprayed the room with lavender, which has shown to decrease agitation. Showers were replaced with a soothing bedbath and Mrs. Smith's hair was brushed with loving strokes and fastened with a favorite hair clip. Her face was washed with the face cream that had been her favorite when she was a young woman. Mrs. Smith's hands were soaked in warm water so that her nails could be groomed. The CNA applied lotion to Mrs. Smith's body while describing the dance she would be going to in the evening. Range of motion exercises were done with Mrs. Smith's favorite "big band" music playing. She often laughed as she "felt" as if she were dancing again.

Mrs. Smith's family and hospice volunteers were encouraged to brush her hair and gently massage her arms with lotion to make their visits easier for them and more meaningful for her. Mrs. Smith had no problems with swallowing and her love of coffee ice cream was communicated to everyone. This person-centered approach to care offered by *A Touch for All Seasons* made visits the highlight of the week for her family who wanted to treasure the last days they would have with her. Mrs. Smith's agitation decreased and the need for psychotropic medication decreased. The nursing facility adopted many of the approaches used by the hospice staff and commented on how much easier it was to provide care to Mrs. Smith.

*Based on her book, "*The End-of-Life Namaste Care Program for People With Dementia*," Seasons staff and volunteers have received the education from Ms. Simard so that they are able to implement *A Touch for All Seasons* to their patients who would benefit from this unique program.

800-570-8809

JCAHO Accredited

www.seasons.org