

Sonya Barsness Recent Presentations

Key Note Presentation for Multi-state CNA conference:

You Make A Difference

In person-centered care “Each person can and does make a difference.” The person in “person-centered care” applies to both people who live AND work in long-term care. Person-centered care is not just about the care we give to residents- it is also how we know each other as individuals, value each other and our unique talents, and work together as a team. This session is about the important role you play in creating a person-centered community where all people are valued and supported.

Breakout Session for Multi-state CNA conference:

Making a Difference in the Lives of Persons with Dementia

Persons with dementia live in the moment. We can make a difference in these moments through person-centered care. We know who they are as individuals, understand what they need, and can then respond to these needs. In this session we will explore person-centered dementia care- seeing things from the perspective of persons with dementia and how every interaction we have with them is an opportunity for connection and fulfilling their needs.

State Conference – (each session was 1.5 hours)

Person-Centered Dementia Care: Who Wins?

Everyone wins in person-centered dementia care. This interactive session will include what person-centered dementia care means, how it is different, why it is important, and how it is a winning strategy for both people who live with dementia and those who care for them.

Winning Strategies for Understanding “Behaviors”

We need to change our thinking about dementia to understand why people with dementia act the way they do. In this session we will think differently about “behaviors” and identify ways to respond to the actions of people living with dementia in a way that meets their needs.

It’s Win-Win: Reducing Antipsychotics Through Person-Centered Dementia Care

Person-centered care is the prescription for not just reducing antipsychotics but enhancing quality of life and well-being. This session will connect the dots between person-centered dementia care and reducing antipsychotics by identifying key person-centered practices that staff and leaders can adopt to create a new model of dementia care.

Hitting the Jackpot: Winning at Reducing Antipsychotics and Improving Dementia Care

This second session will build upon the foundation for reducing antipsychotics through person-centered dementia care by digger deeper into resources, tools, and practices that can help you be successful in improving dementia care for people who live and work in long-term care.

State conference (each session 1.5 hours):

Redefining Dementia through Person-Centered Care

Dementia care has traditionally been seen through a medical model lens. There is a need to redefine dementia care to a person-centered paradigm that looks at a whole person with multidimensional needs. This session will provide an overview of person-centered values and practices for supporting people with dementia, along with support for person-centered care from research, regulation, and practice standards.

Redefining the Way We Look at Behaviors in People Living with Dementia

There is an opportunity to redefine how we view and “treat” behaviors of people with dementia so that we address underlying needs, support well-being, and foster meaningful living. In this session we will explore the meaning of behavior from a person-centered perspective and brainstorm ways to respond to behaviors that honor a whole person and their basic, yet individual, human needs.

Redefining Antipsychotic Reduction through Person-Centered Care: Why?

Person-centered care is the prescription to the reduction of unnecessary antipsychotics. This session will connect the dots by sharing ideas on how person-centered practices create a culture that can prevent the use of antipsychotics and change the way we view and respond to people with dementia.

Redefining Antipsychotic Reduction through Person-Centered Care: How?

This will build on the previous session by diving deeper in how to implement person-centered values and practices to reduce antipsychotics and overall improve quality of life and care for residents and staff. We will review tools to assess progress, resources on person-centered approaches, and share ideas with each other about how to move from “we can’t” to “how”.

From Non-Pharmacological Approaches to Person-Centered Dementia Care: A Prescription for a New Paradigm (1.5 hours)

The CMS Partnership to Improve Dementia Care has increased awareness of the need to reduce unnecessary antipsychotics for persons living with dementia, as well the use of “non-pharmacological” alternatives to address “behaviors”. Although a step in the right direction, there is an opportunity for us to think more broadly about the importance of person-centered dementia care by responding to the whole person living with dementia in a way that honors his or her individual and varied human needs. In this session, we will explore this paradigm shift to person-centered dementia care, how it serves to improve quality of life and care for persons living with dementia, and how we can support it in our professional practice. Using clips from CMS’ Hand in Hand training toolkit, we will dive into the philosophy and practice of person-centered dementia care, demonstrating how this toolkit can help individuals caring for persons with dementia to develop person-centered approaches.

Series at a regional conference for service providers in home and community-based services. Each session was 1.5 hours long.

What Is Person-Centered Care

This session will provide an overview of person-centered care, exploring its fundamental values and philosophy and how it has been operationalized. Participants will explore what person-centered care means to them and to the people they serve. Person-centered care will be contrasted with traditional care models and participants will have the opportunity to learn about and discuss the paradigm shift needed for a change to a person-centered culture.

Who is the Person in Person-Centered Care?

In this session we will explore “knowing the person”, a key value and practice of person-centered care. Participants will learn strategies to individualize care by knowing and engaging the unique people they serve and consider how this results in better quality of care and life. The session will also address the importance of relationships between care partners (people receiving and providing services) to the success of person-centered care.

When Does Person-Centered Care “Apply” to Persons with Dementia (Answer: All The Time!)

This session will explain the significance of person-centered care for persons living with dementia, which recognizes people with dementia as whole individuals with unique histories, interests, preferences, needs, and strengths. Participants will discover how person-centered care supports people with dementia in living purposefully by honoring their voices, meeting their unique needs, and seeing things from their perspectives. Specific person-centered strategies for communicating with and responding to persons with dementia will also be explored.

How do Leaders Support Person-Centered Care

This session will address a foundational component of person-centered care - leaders who drive and support the changes needed for person-centered care to happen. Participants will learn key organizational practices and the important roles leaders play in developing a “learning organization” culture, setting performance expectations, actively seeking staff input, facilitating teamwork, and empowering staff.

Why Person-Centered Care

This session will present the “case for adoption” and address why person-centered care is considered the gold standard for long-term services and supports. An overview of research showing positive outcomes of person-centered care will be shared. Participants will be introduced to tools and resources for evaluating readiness and implementation of person-centered care.

Workshop at state conference- 3 hours

Hand in Hand- Bringing Person-Centered Care to Life (with Karen Stobbe)

CMS’ Hand in Hand Toolkit was developed to teach person-centered approaches in caring for people with dementia in nursing homes. It also provides a solid foundation for person-centeredness for *all* who live and work in your community. This session will identify how Hand in Hand can help you bring person-centered care to life and how you can support this in your role as nurses.

Workshop at state conference- 3 hours

Living the Aloha Spirit Through Hand in Hand (with Karen Stobbe)

You have probably heard about CMS’ Hand in Hand Training Toolkit, but perhaps, as a leader, you have not dived into it. In this session we will say “aloha” to Hand in Hand by reviewing what Hand in Hand teaches staff and how your leadership can move Hand in Hand from training to practice so that your community truly lives person-centered dementia care.

Giving a Hand with CMS' Hand-in-Hand Training Toolkit

Karen Stobbe, Sonya Barsness, Co-Developers of the CMS Hand-in-Hand Training Toolkit

CMS' Hand-in-Hand training toolkit was developed to teach person-centered approaches with persons with dementia. Although developed for nurse aides in nursing homes, Hand-in-Hand can be used to train all individuals who work with people with dementia. From the hands and

hearts of its co-developers, this session will give you an overview of the training program, hitting on key points that will help you in your work with people with dementia and the staff that care for them.

Hearing the Voice of Persons Living with Dementia (6-hour workshop with Karen Stobbe and Megan Hannan)

Do persons with dementia have a voice? What is it saying and how are we responding to it? Some people say that person centered care is not possible for people who live with dementia, other say that we started person-centered care with people who live with dementia — what do you say? All we know is that we're tired of hearing that "those people" can't make decisions or choices so... please join us for this energetic and thought provoking session.

Persons with dementia are people living with purpose. We can support persons with dementia in living purposefully by learning how to hear their unique voices. When we hear their voice, we can then honor their choice and help to fulfill their needs. In this session we will navigate our way through the values, concrete approaches, and age-old questions about honoring the choice of people who live with dementia wherever they live. We'll use the five human needs of identity, inclusion, attachment, comfort, and occupation as a lens to guide our view. Let's see what values and principles we hold in common, share ideas for solid take home approaches and honor each other's challenges and milestones. Join the guides and their guests in creating a powerful day of inspiration.

YouNiquely You: Rediscovering & Defining Your Purpose (with Denise Boudreau Scott)

Ever think, "Why do I do this work?" or "I've had enough! I can't take this job anymore?" Then this session is for you! Join us to remember why you got into this work: to share your unique blessings and talents! In this interactive session you will craft your personal purpose statement to inspire and guide your work. Determine how you can use your gifts to make an even bigger impact on the lives of those you serve. Come and remember why you do the wonderful work only YOU can do!

Dementia Care Soup: Now with *Person-Centeredness!* (with Karen Stobbe)

A two-part webinar series, after which you will be able to create your own recipe for person-centered dementia care with your team, and get cooking on creating experiences of meaning and purpose for people living with dementia and those who work with them. Are you ready to look at what you know and challenge yourself with new ideas that perhaps you have not thought about? Then join us for some time well spent!

WARNING: These are not your normal webinars. We will give you concrete ideas and practical solutions but we want YOU to think out of the traditional stockpot, so we will present in that same fashion. We invite and highly encourage you to organize a discussion group afterward. We will supply the questions.

Dementia Care Soup Recipe: The Stock

The nationally known dementia care experts presenting these webinars have been asked many times for the recipe for good person-centered dementia care -- and they are about to give it to you. In Part One of this two-part series, they will give you the recipe for the foundation of person-centered dementia care, or, in cooking terms - the stock. You NEED this base. The base is the ESSENCE of the soup. The principle of deeply knowing people -- those living with a diagnosis of dementia and those who support them, is the essence of good person-centered dementia care. In this webinar, the presenters/cooks will explore how you and your team can develop a savory stock by learning and valuing the uniqueness of each person and their relationships with each other, while building a culture of "rampant normalcy" that seeks to restore a normal flow of life that is meaningful to all of us (this is an everyday soup, after all, not a fancy bisque).

Participants in this webinar will be able to:

- Identify foundational components of person-centered dementia care.
- Review the importance of knowing who residents are and a process for achieving deep knowing about each resident
- List some questions for self-introspection as a dementia care provider
- Discuss with their team how to build a culture of person-centered dementia care

Dementia Care Soup Recipe: The Ingredients

Part Two of the series builds upon the stock or base we created in our recipe for good person-centered dementia care. When we think of cooking our dementia soup, what do we add after we have our stock made? The ingredients. The presenters/cooks will give you ingredients to create your own unique "soup" to support each individual and each community. Certain ingredients are essential, such as empathy, perspective, purpose, and presence. It is up to you to decide the proportions of these ingredients and what additional ingredients you may want or

need. Just as every family has their own special recipes you will be creating a unique concoction of person-centered dementia soup to support the individuals living with dementia that you work with. The presenters/cooks will walk you through how to come up with your own ingredients to give it your own twist and create your own dementia care family recipe.

Participants in this webinar will be able to:

- Identify components of person-centered dementia care that build upon a solid foundation of honoring and understanding each individual
- Review how essential practices of empathy, perspective, purpose and presence create a culture that creates good lives for people with dementia and caregivers
- Evaluate how a person-centered culture supports people with dementia by responding to their expressions of need and lessening the use of unnecessary antipsychotics