

# SAIDO: HOW A COGNITIVE INTERVENTION INFLUENCES CAREGIVER SATISFACTION



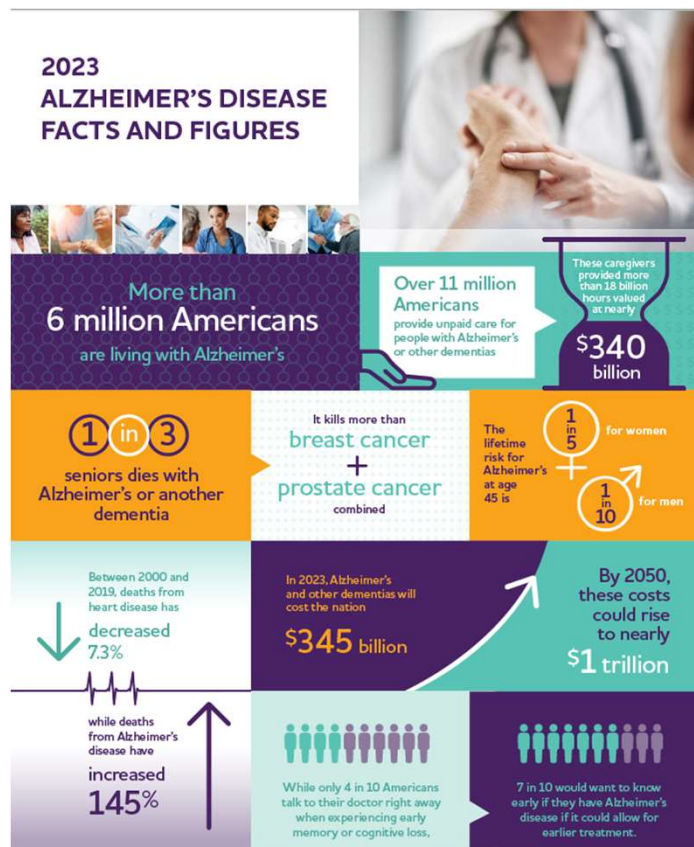
**ILLINOIS STATE  
UNIVERSITY**  
*Mennonite College of Nursing*

**SAIDO**  
Learning<sup>®</sup>

*LeadingAge*  
**ANNUAL  
MEETING**  
NOVEMBER 5-8, 2023  
McCormick Place | Chicago, IL

# ALZHEIMERS ASSOCIATION 2023

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# MEMORY CARE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>November 2023</h2> <h3>LTC3 ACTIVITY CALENDAR</h3>						
8:30 Newspaper/Room Visits 10:45 Veterans w/Elks 2:00 Streaming Baptist Church Service - CH3 4:00 Games	8:30 Newspaper/Room Visits 10:30 Cooking Club 1:00 Mail Delivery 2:00 Bingo - AB Conf / Movie ch3 4:00 UNO	8:30 Newspaper/Room Visits 10:30 Bowling 3 <sup>rd</sup> vs 2 <sup>nd</sup> - DR 1:00 Mail Delivery 2:00 Movie Matinee - AB 4:00 Resident Choice 6:30 Bingo - Sponsored	8:30 Newspaper/Room Visits 10:30 Music & Nailcare 1:00 Mail Delivery 2:00 Movie w/popcorn - DR 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Pumpkin Sand Art 1:00 Mail Delivery 2:00 Ice Cream Cart 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Coffee Social DR 11:00 Entertainment w/Frank Plumer 1:00 Mail Delivery 2:00 Trivia 4:00 Resident Choice	8:30 Newspaper/Room Visits 1:00 Mail Delivery 2:00 Music & Nailcare - 2nd 4:00 Resident Choice
8:30 Newspaper/Room Visits 10:30 St. Katherine Visits 2:00 International Community Church Service 4:00 Games <small>Divali (Hindi)</small>	8:30 Newspaper/Room Visits 10:30 Mystery Craft 1:00 Bookmobile 1:00 Mail Delivery 2:00 Bingo - AB Conf / Movie ch3 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Resident Council 1:00 Mail Delivery 2:00 Community Event: Prize Bingo - AB 4:00 Resident Choice 7:00 Rudy w/Bluegrass	8:30 Newspaper/Room Visits 10:30 Yoga - DR 10:30 St. Katherine Service - CH 1:00 Mail Delivery 2:00 Cooking Club 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Decoration Wheelchairs 1:00 Mail Delivery 2:00 Community Events: Gobble Gobble Parade 2:30 Gobble Gobble Social 2:00 Catholic visits w/Jim 4:00 Resident Choice <small>Thanksgiving Day (US)</small>	8:30 Newspaper/Room Visits 10:30 Coffee Social DR 11:00 Who Am I 1:00 Mail Delivery 2:00 Entertainment w/Forever Young - AB 4:00 Resident Choice	8:30 Newspaper/Room Visits 1:00 Mail Delivery 2:00 Games - 2nd 4:00 Resident Choice <small>Veterans Day / Remembrance Day (Canada)</small>
8:30 Newspaper/Room Visits 10:30 St. Katherine Visits 2:00 Streaming Methodist Church Service 4:00 Games	8:30 Newspaper/Room Visits 10:30 Dollar Tree Trip 1:00 Mail Delivery 2:00 Bingo - AB Conf / Movie ch3 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Community Event: Hymn Sing - AB 1:00 Mail Delivery 2:00 Paint-n-Sip 4:00 Resident Choice 6:30 AARP Bingo	8:30 Newspaper/Room Visits 10:30 Corn Hole 2 <sup>nd</sup> vs 3 <sup>rd</sup> 1:00 Mail Delivery 2:00 Ladies Social 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Food Committee 1:00 Mail Delivery 2:00 Decorating for Christmas 4:00 Resident Choice <small>Thanksgiving Day (US)</small>	8:30 Newspaper/Room Visits 10:30 Coffee Social DR 11:00 Finish the Lyrics 1:00 Mail Delivery 2:00 Entertainment w/Doug at MAL 4:00 Resident Choice	8:30 Newspaper/Room Visits 1:00 Mail Delivery 2:00 Music & Nailcare - 2nd 4:00 Resident Choice
8:30 Newspaper/Room Visits 10:30 St. Katherine Visits 2:00 Streaming Methodist Church Service 4:00 Games	8:30 Newspaper/Room Visits 10:30 Decorating for Christmas 1:00 Bookmobile 1:00 Mail Delivery 2:00 Bingo - AB Conf / Movie ch3 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Decorating for Christmas 1:00 Mail Delivery 2:00 Community Event: Entertainment w/Cake 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Food Committee 1:00 Mail Delivery 2:00 Decorating for Christmas 4:00 Resident Choice	8:30 Newspaper/Room Visits 10:30 Decorating for Christmas 1:00 Mail Delivery 12:00 Veterans Lunch - American Legion 2:00 Kickball 2 <sup>nd</sup> vs 3 <sup>rd</sup> - DR 2:00 Rosary Group w/Jim 4:00 Resident Choice	Activity is subject to change due to residents preferences LR - Living Room DR - Dining Room CH - Chapel AB - AB Conference Room ACT - Activity Connection AR - Activity Room	

# STAFF EXPERIENCE

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**Jill Tasse Ricker, CDP**

National Director  
SAIDO & Memory Care



**Michele Shropshire, PhD, RN**

Associate Professor  
Mennonite College of Nursing  
Illinois State University



**Chris Matzke**

President & CEO  
Sunset Senior Communities

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# SUNSET SENIOR COMMUNITIES

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## **Introduced to SAIDO in 2017**

- Became the foundation of Waterford Place Memory Care
- Expanded to Healthy Brain Clinic
- Launched at second campus

## **Immediate Impacts**

- Residents
- Staff
- Culture

**HOPE**  
*for Dementia is here*





# “BRINGING THEM BACK”

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## Staff and Volunteer Perspectives on Dementia Care Using SAIDO Learning

### DESIGN

Qualitative Descriptive Study

### PURPOSE

- To examine and describe the perceptions of staff and volunteers who use the SAIDO Learning© program to engage with residents receiving dementia care in long-term care settings.
- Setting and Sample- 3 Retirement Communities that provide memory care services (N=15)

# “BRINING THEM BACK”

## DEMOGRAPHIC DATA

Demographic characteristics of the participants:

- Typical person in final sample (n=15) was female (n=13; 87%) with 33% of participants (n=5) sharing personal experience with a loved one diagnosed with dementia.
- Experience with SAIDO Learning© program ranged from 6 months to 6 years, with the average participant facilitating SAIDO Learning for 2 years and 8 months.

# THEMES

## **4 Themes Emerged from the Data**

1. Culture of the Community
2. Relationship Building with Residents
3. Changes in Residents
4. Impact on Staff

# CULTURE OF THE COMMUNITY

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## **CULTURE OF THE RETIREMENT COMMUNITY**

- Positive work culture for staff and volunteers
- Collective approach & staff relationship building
- SAIDO Learning has shaped “the philosophy” of providing care to residents

“I’ve seen is a culture shift for the staff..... there’s a lot of silos and just division between departments no matter where you work.....and SAIDO is an incredible tool that helps bring the staff together....., it’s bringing all these people together and it’s been really cool to watch nursing and dietary and all these people get involved. It’s been a real... morale booster for our campus.”

# RELATIONSHIP BUILDING

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## RELATIONSHIP BUILDING WITH RESIDENTS

- Interactions are meaningful between staff and residents
- Become more mutually gratifying (staff voiced increase satisfaction with work environment)
- Therapeutic Relationship

“I love connecting when we have a real connection. Between a resident.... when I make a real connection with the resident.....that relationship is important.”

“You get to learn about their history....and get to be a student of their life.”

“My interactions throughout the day [after SAIDO and building relationships] ... my interactions with them are little bit more purposeful... To build that relationship.”

# CHANGES IN RESIDENTS

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## CHANGES IN RESIDENTS

- Staff shared improvements in cognition, physical skills, confidence, memories, and their personality.
- Residents began talking after SAIDO Learning© (prior the same residents were non-verbal).

“Families feel like their loved ones personality is coming back out.” • [SAIDO]  
“slows down that melting process”

“[Client was a] professional pianist her whole life. Start[ed] playing the piano again. She is in the later stages of dementia.... continues to sit down and play.”

# IMPACT ON STAFF

## IMPACT ON STAFF

- Staff/Volunteer Viewpoints
- Involvement in SAIDO Learning© as exciting, positive, valuable, rewarding, and provided staff confidence when interacting with residents.
- [SAIDO Learning© sessions] “something that I really enjoy.”

“..doing SAIDO gives you that more compassion”

“the staff...[have] an electric energy when they are done with the session. They are happy.....”

“Much more positive attitude towards SAIDO from the staff... especially when seeing the changes [in residents]”

“I love the SAIDO programs”-stated by 7/15 participants, direct quote.

# EXPERIENCE

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# 3 IMPLICATIONS FOR PRACTICE

## 3 Implications for Practice

1. The goal of caring for older adults living with dementia is to promote independence, dignity, and holistic sense of self.
2. Ongoing understanding and support from staff and volunteers is important to maintain meaningful social relationships and achieve a sense of belonging within the retirement community
3. Our study contributes a comprehensive, multifaceted insight to the experiences of staff and volunteers who facilitate the day-to-day SAIDO Learning© experiences within retirement communities.

# QUESTIONS

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