

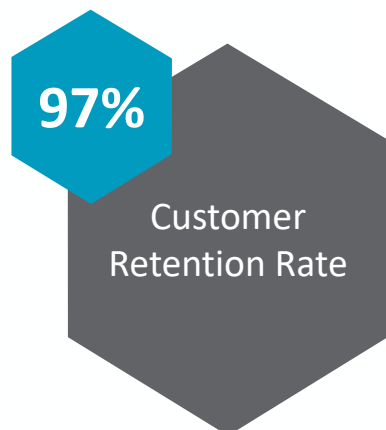
Engagement Technology – Now More than Ever....

Jack York, President and Co-Founder – iN2L

Who Are We?



It's Never 2 Late 
dignity through technology



What We're About



- Enriching lives through meaningful connection
- Connecting elders to
 - Their interests
 - Their caregivers
 - Family and friends
 - The world around them



Wisconsin LeadingAge / iN2L

- Conference supporter for 15 years
- 25 Communities iN2L Customers
- Power Users
 - LindenGrove
 - Oakwood
 - SSM
 - Three Pillars

Why This Matters!

- “I have friends to share interests and activities with.”
- “I’m known and I matter in the community.”
- “I am connected with my family.”
- “I’m getting more out of therapy.”
- **“I feel at home.”**



Improvement in self-reported resident QOL⁶



Family

Technology-enabled connection provides

- Peace of mind that their loved one is receiving excellent care
- Easy ways to stay connected – virtually
- Active participation in care



78%

Improvement in quality of family visits ²



144%

Improvement in staff-family relationships ²

Life Enrichment

Technology-enabled connection enables

- Empowerment, effectiveness, and efficiency
- Less time planning and more time facilitating what matters
- Easy ways to create meaningful experiences for elders



65%

Improvement in resident mood¹



78%

Increase in social activity participation²

1. Front Porch Center for Innovation and Well-being

2. Mather LifeWays Institute on Aging and The Green House Project

Memory Care

Technology-enabled connection helps

- Reduce anxiety
- Engage to refocus
- Entertain to redirect
- Stimulate reminiscing conversations
- Reduce psychotropic drug usage



Research has shown

up to a **50%** reduction
in the use of psychotropic drugs
when seniors received
personalized technology services. ⁵

Depression



2 Points

Average decrease
in depression ³

Quality of Life



2 Points

Average increase
in quality of life ³

3. Lifespace Communities, Inc.
5. Western Home Communities

Therapy

Technology-enabled connection facilitates

- Unique engagement techniques for therapy
- Creative motivation for resistant patients
- Better results



13% improvement in
therapy goal attainment ⁴

Sales and Marketing



Technology-enabled connection is a way to

- Differentiate the community
- Encourage move-ins
- Retain residents
- Customize sales and marketing experiences



" iN2L enables our team members to create operational and workflow efficiencies, improve resident wellbeing, and differentiate us in a competitive market. "

- Ryan Novaczyk, CEO, New Perspective Senior Living

Connection Is More Important Than Ever



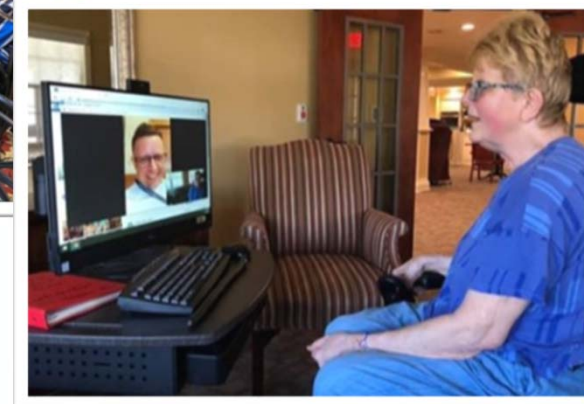
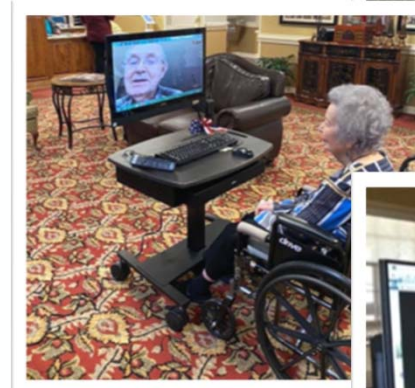
- 1 in 3 U.S. adults is lonely⁷
- The effects of prolonged isolation are equivalent to smoking 15 cigarettes a day⁸
- Isolation and loneliness are connected to anxiety, sleep disorders, falls, cognitive decline, and symptoms of depression



7. AARP
8. Health Resources & Services Administration

Creating Connection: Family and Friends

- Make more phone calls
- Encourage emails for those who are able
- Arrange “virtual visits” with Skype, Zoom, FaceTime, or other tools
- Remind families to send pictures and videos for residents to look at whenever they like

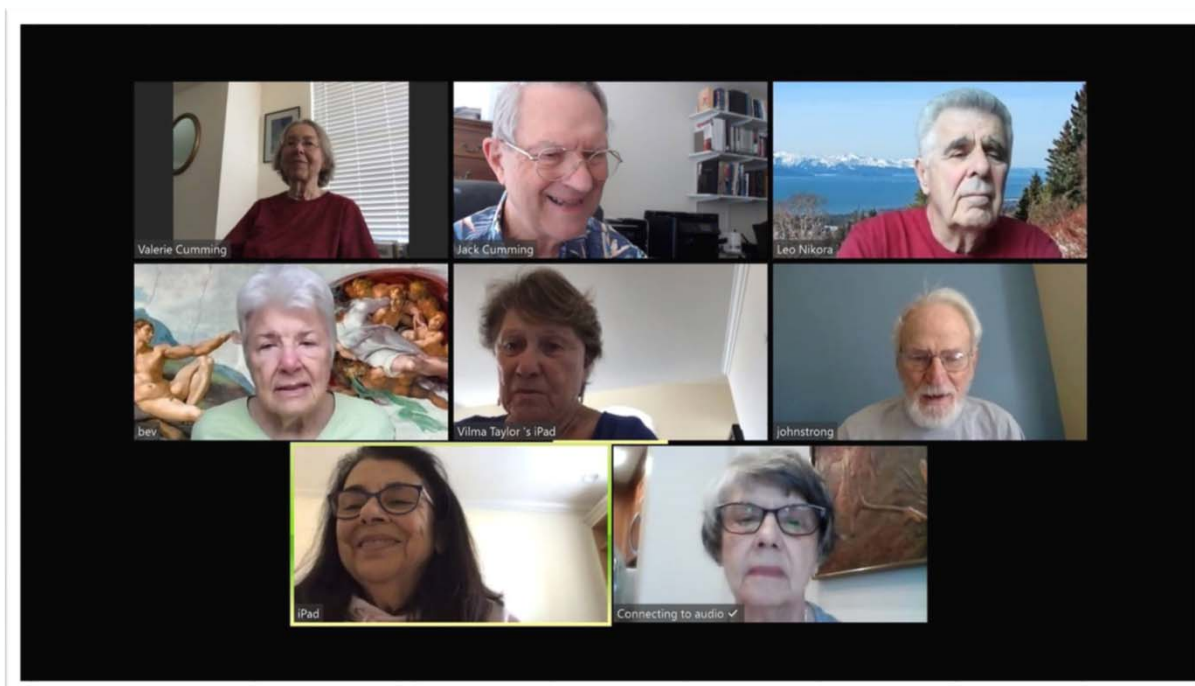


Creating Connection: Family and Friends



Creating Connection: Family and Friends

- Set up livestreaming through YouTube
 - [Instructions](#)
- Encourage residents who are able to lead their own virtual connection experiences

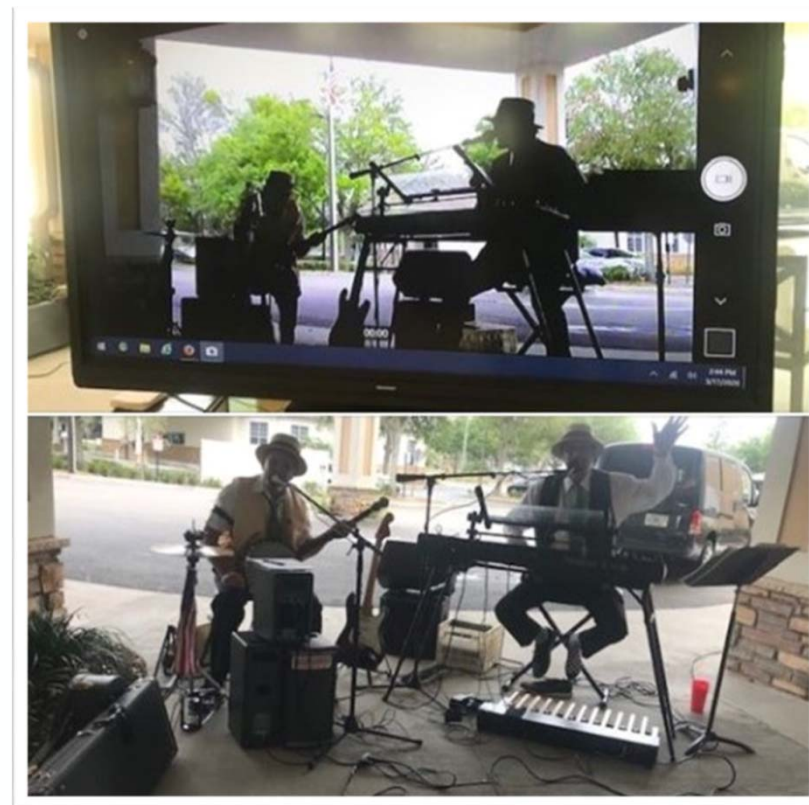


Creating Connection: “Live” Entertainment



Get creative with video chat

- Contact your favorite entertainment vendors, musicians, or even talented family and friends to do virtual performances
- Enlist children who are home from school to be video chat pals
- Cute puppies? All animals can be “therapy animals” on a video chat

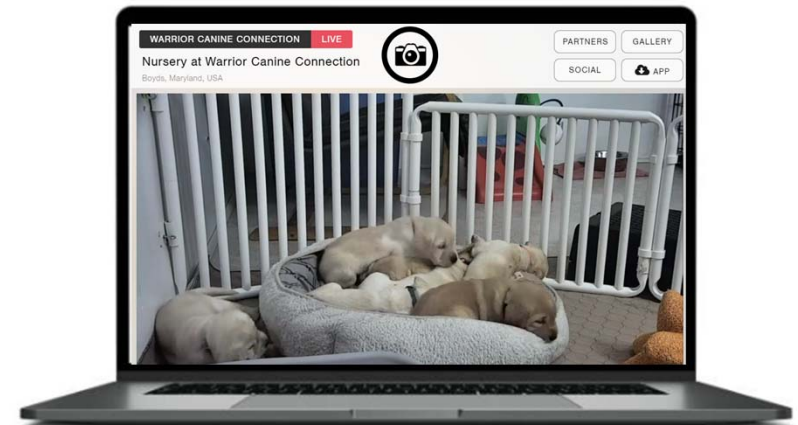
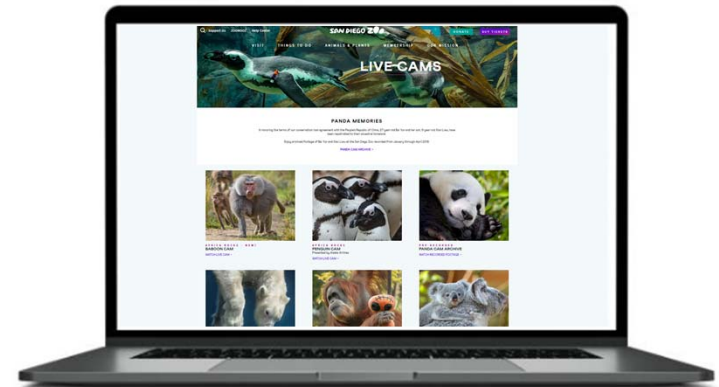


Creating Connection: Virtual Entertainment



Utilize free resources

- Funny videos: what makes you laugh?
- Animal videos or live webcams
 - [San Diego Zoo Live Cams](#)
 - [Warrior Canine Connection Cam](#)
- Music: Google favorite singers for concert footage and music videos
- Sports and Leisure: Re-watch the classics
- Broadway HD: Free 7-day trial

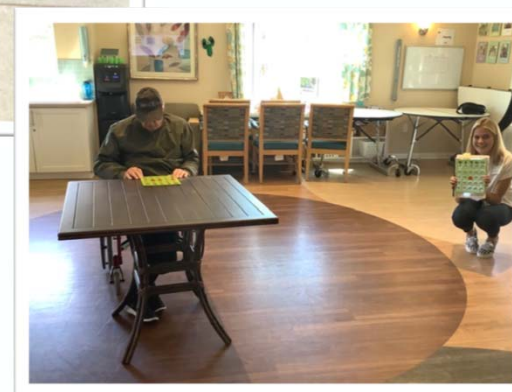
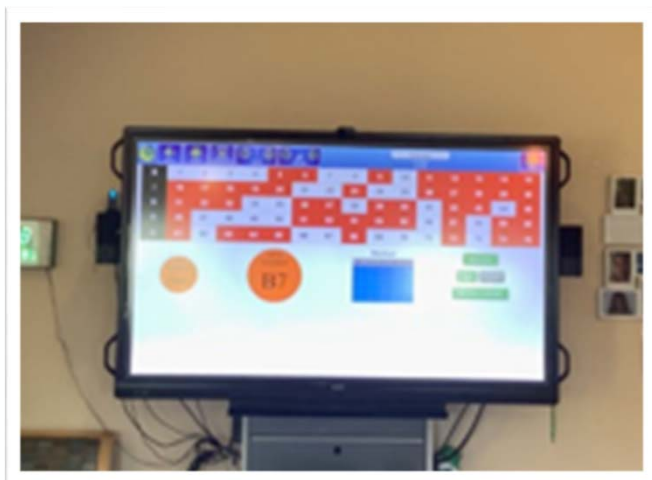


Creating Connection: Modified Group Activities



Classic group activities can still be done with proper physical distancing

- Karaoke
- Bingo
- Trivia Games



Creating Connection: Spirituality

When clergy can't visit, create spiritual and religious experiences with technology

- Livestream sermons from [Our Daily Bread](#)
- Daily devotions and inspirations from [Utmost](#)
- Rosaries from [Come Pray the Rosary](#)
- Create an entire worship service of sermons, devotionals, hymns, and more using technology



Creating Connection: Physical Activities

Ensure residents keep moving

- Continue 1:1 therapy activities by replacing therapist visits with video calls
- Choose a virtual exercise class for individuals or small groups (safely distanced)
- Host a doorway dance party (standing or seated)



Creating Connection: Cognitive Activities



Explore new places to foster curiosity and learning

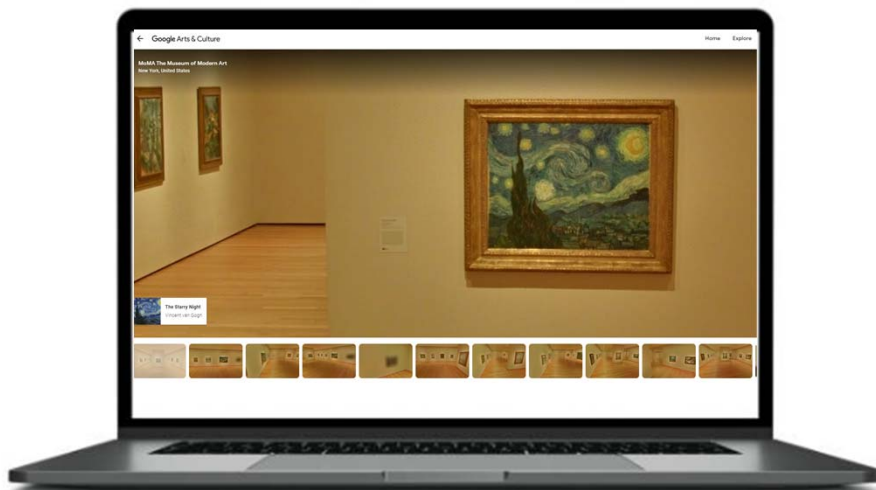
- Create an entire virtual travel experience including photos, videos history, trivia and fun facts, music, and sampling local cuisine
- Check out [Rick Steve's Europe](#) for travel videos



Creating Connection: Cognitive Activities

“Visit” an exhibit at a famous museum

- For a full list of free museum tours, visit the Google Arts & Culture website
 - <https://artsandculture.google.com>



Some of our favorites:

[British Museum, London](#)

[Guggenheim Museum, New York](#)

[LIFE Magazine Photo Collection](#)

[Georgia O'Keefe Museum, Santa Fe](#)

[Van Gogh Museum, Amsterdam](#)

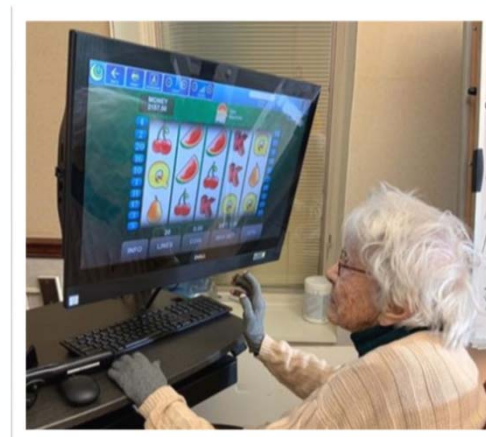
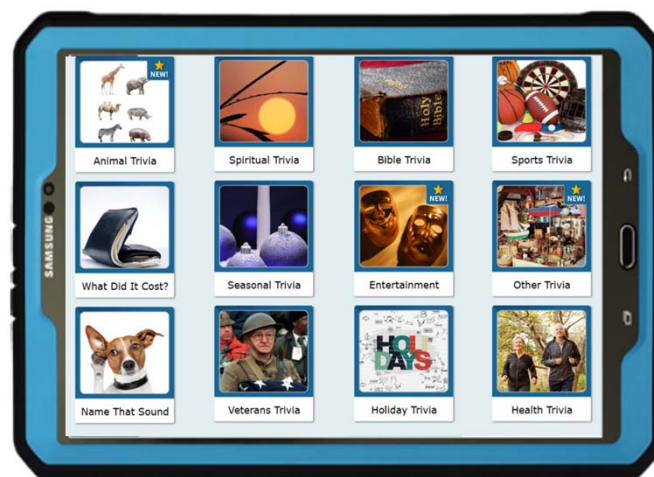
[The Louvre, Paris](#)

[The J. Paul Getty Museum, Los Angeles](#)

Creating Connection: Cognitive Activities

Nurture friendly competition while strengthening minds with games

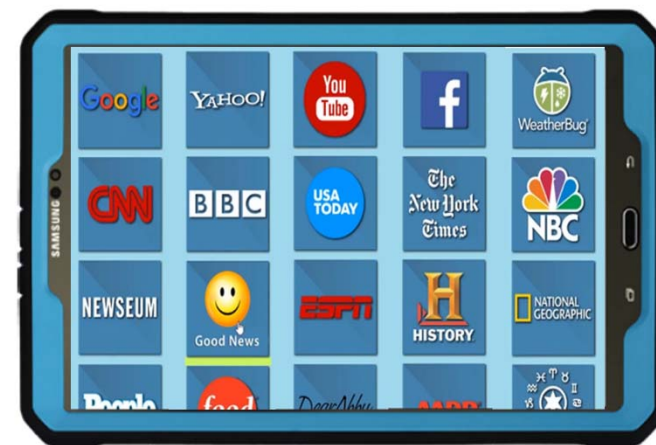
- Play classic games against players from all over the world at cardgames.io
- Host virtual game parties with games built for all levels of cognitive ability



Creating Connection: Cognitive Activities

Enable residents to easily keep up with what's going on in the world

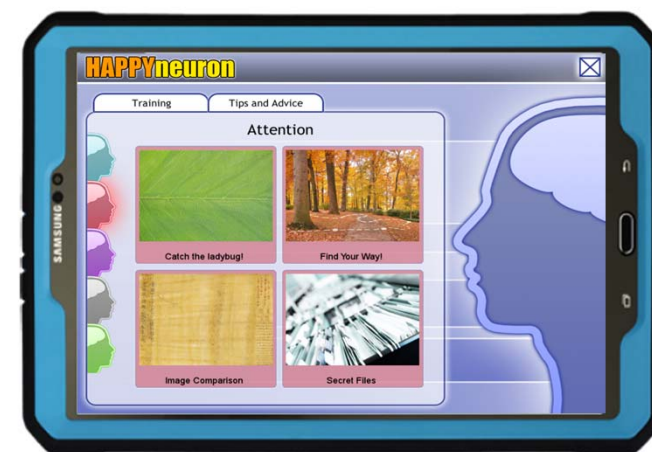
- One of our favorite no-stress newsites is [Good News Network](#)
- Start conversations by checking in with [Dear Abby](#)
- Use Google Earth to enable residents to visit anywhere for a real-time update
 - TIP: Visit loved ones' homes so residents can check on them during this stressful time



Creating Connection: Cognitive Activities

Create opportunities to “exercise” the mind

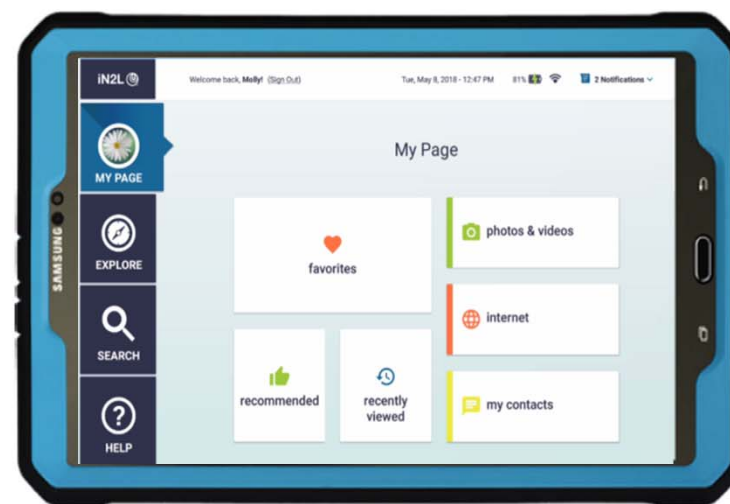
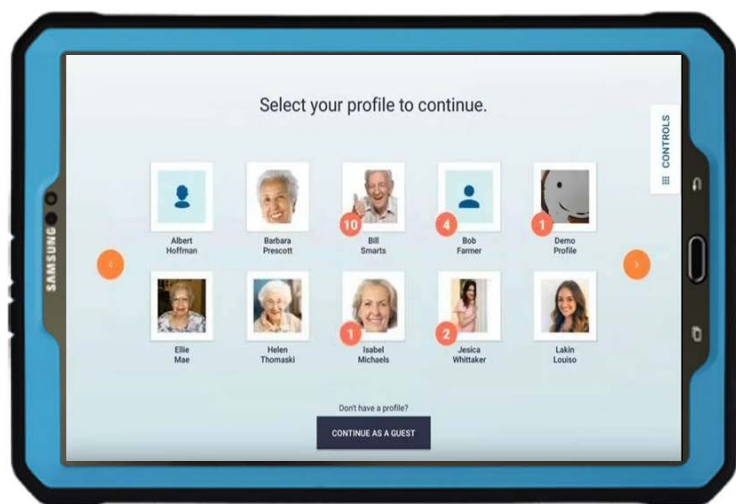
- Check out more than 3,300 [Ted Talks](#) to nurture curiosity
- Challenge residents with free brain teasers from [Sharp Brains](#)
- Host a virtual learning session with an instructor via video chat
- Play virtual games and trivia using curated brain health content appropriate for all levels



Creating Connection: Cognitive Activities

Take this time to really get to know residents

- Encourage family to share photos, stories, and personal histories



Creating Connection: In Room Activities

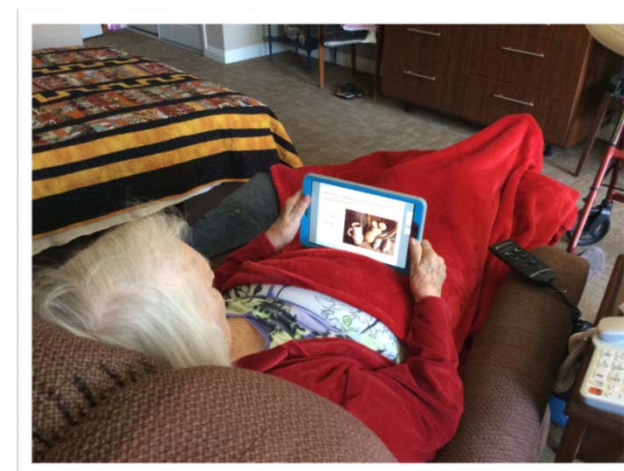
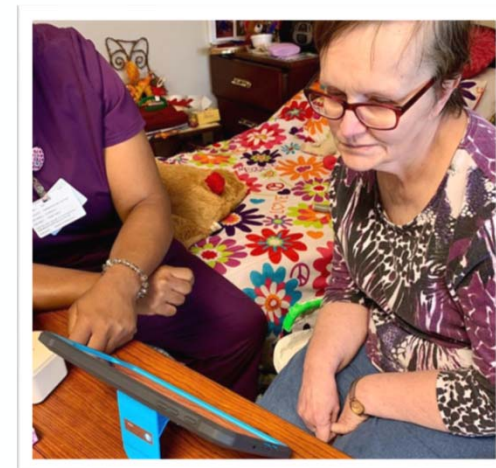
When residents need to remain in their rooms for precautionary isolation, modify group activities for meaningful 1:1 interactions

- Puzzles
- Adult coloring pages
- Discuss interesting articles on Good News Network or Dear Abby
- Create a word of the day and challenge residents to use it five times
- Discuss the weather at the community or in their favorite place to travel with [Weather Bug](#)



Creating Connection: In Room Activities

- Challenge them with a brain teaser or trivia
 - TIP: [Free Rice](#) is an iN2L favorite
- Daily devotionals
- Inspirational quotes from [In The Moment](#)
- Discuss the [Thought of the Day](#)
- Video chat with family and friends
- Practice handwashing with a song



Creating Connection: Hallway Activities

If allowed, keep residents safely distanced in their room doorways and host activities from the hall

- Include inspirational quotes or trivia questions on food trays and discuss as a group during meals
- Bingo
- Host a hallway book club to discuss audio books or short stories
- Daily devotionals and hymn singalongs
- Crafts
- “Quarantunes” hallway karaoke



Other Resources

- ICAA [Coronavirus Response Center](#)
- NCCAP [Activity Director Resources](#)
- LeadingAge [Coronavirus Resources](#)
- Argentum [Coronavirus Toolkit](#)
- CDC Retirement Community [Guidance](#)
- CDC LTC [Coronavirus Checklist](#)
- Senior Living Foresight Virtual Summit, [“Our Time To Shine”](#)
- Pioneer Network [Resource Library](#)
- Eden Alternative [Outbreak Education](#)
- Aging and Health Technology Watch [Blog](#)
- Front Porch [Guide](#)

And More!

Resident Packets:

[Out of this world resident packet](#)
[All American food resident packet](#)
[Wild for animals resident packet](#)
[American history resident packet](#)

Blog Posts:

[Keeping up staff morale up during covid-19](#)
[4 Senior Living Technologies for physical distancing](#)
[11 Activity Director approved tips during coronavirus](#)
[Innovative physical distancing activities from activity professionals](#)

www.WiserNow.com



See us for instantly usable materials with a lighthearted approach

- Wiser Now Wednesday weekly ezine and other free resources

For purchase:

- Highly visual trivia quizzes, word games, reminiscence and discussion topics as downloadable, printable exercises and on-screen slide shows (pictured: cover for Bird Brains show)
- Customized life enrichment staff development webinars and downloadable courses
- Blogger and content provider

Contact CEO Kathy Laenhue at Kathy@WiserNow.com.



Brilliant Aging Resources

- Engage residents isolating in their rooms
 - Free videos, wellness stations, exercises
 - Follow the COVID-19 Support link at www.kayvannorman.com
- Weekly column for rural newspapers to help older adults w/o internet access.
 - Functional exercises to help retain strength & mobility
 - Brilliant Aging in partnership with the Montana State Office on Aging.
 - Proving concept in Montana, then looking for sponsors to help roll it out across the country.



Project Activate® Tips and Tools to Retain Independence and Support Resilience!

Are you at risk for losing physical independence?

1. Do you have low reserves of strength, mobility and endurance?
2. Are you replacing activities you would normally do – shopping, attending events, visiting others with intentional exercise?

Strengthen your leg muscles every day!



www.kayvannorman.com



With feet apart and arms relaxed, stand up slowly by imagining you're an elevator rising 3 floors. Stop briefly at each "floor".

Return to sitting by making the same "stops" Repeat 4 times.



<https://dphhs.mt.gov/seniors>

Customer Resources from iN2L

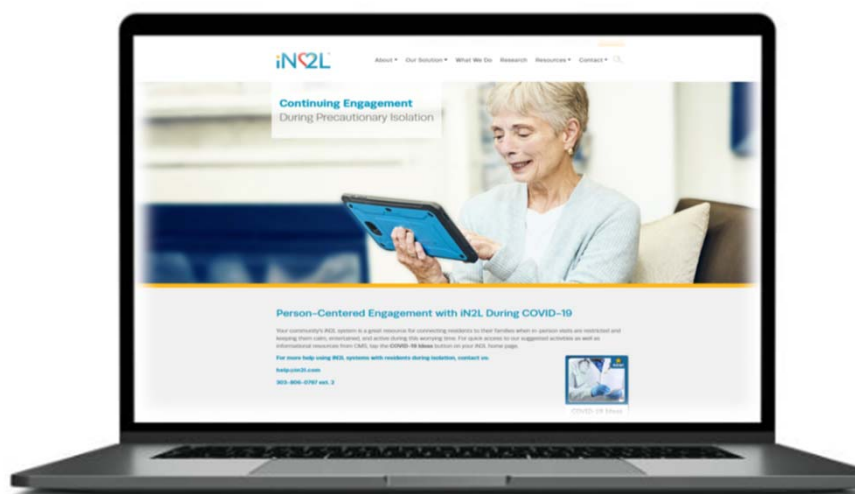


COVID-19 Ideas button provides quick access to

- Group activities (can be modified)
- 1:1 activities
- Video chat tools
- Virtual tours
- Printables
- COVID-19 info and resources
- And more!



Free Resources from iN2L



www.iN2L.com/covid-19

iN2L Print

Marketing Documents

Family Toolkit

Recreational Therapy

Staff Tools and Education Documents

iN2L Training Documents

Activity Documents

Therapy Documents

Creative Funding Options

- CMP grants through CMS
 - Skilled Communities that accept Medicaid
 - Easy application, \$3000 per community for tablets
- Telehealth grants through FCC
- Creative partnerships
 - Project Vital in Florida
 - Foundation offerings
- Contact Debbie – debbiec@in2l.com

Communities Getting Creative



Grace Manor at Hunters Creek Senior Living
April 21 at 8:37 AM

With all this good cooking we have had while in quarantine of course we have to dance it out with our IN2L chair exercises! Dance through the decades with us!



JG Alexander Nursing Center is 🥰 feeling delighted.
April 7 at 8:57 AM

#IN2L! #loveit! Our residents are always entertained thanks to the IN2L.



Communities Getting Creative

 Ave Maria Home
April 1 at 9:27 AM · 🌐

Mrs. Vickie, who is part of the "Farkle Family" that comes to play weekly with her brother & other residents, was gracious to give Activity Assistant, Kelly, a tutorial on how to play via video chat. They had a blast playing in the St. Anne Green House Home and Mr. Vic won!
THE GREEN HOUSE® Project
IN2L



 Samaritan Bethany is at Samaritan Bethany.
April 3 at 2:28 PM · Rochester, MN · 🌐

Virtual Happy Hour – These three ladies used to live in the same neighborhood and became fast friends. One of them moved to a different neighborhood. They used to meet at 3 PM during Happy Hour in the Pub every Friday. Due to the current world situation, they have been missing each other and we decided to surprise them all with a Virtual Happy Hour using Skype on our IN2L systems. Big smiles all around and tears from this photographer!!!
They are still talking an hour later!!!!
❤️ #StayConnected #CreatingSmiles #SocialDistance



This says it all.....



iNO2L TM
spark • engage • shine