



Speaking Topics and Fees

Looking to have a special program for your Activity Professional Group? Check out some of these continuing education programs for Activity Professionals in long-term care and community-based settings. Each session is 2-3 hours in length but can be tailored specifically for your group or organization.

Empowering the Spirit: Programming for Spiritually Diverse Populations

The needs of our residents are becoming more culturally and spiritually diverse every day. This presentation will explore the foundations of spiritual and religious practices in older adults and establish strategies for creating both interfaith and multifaith services for a culturally accessible program of activities.

Learning Outcomes:

- Define cultural competency, religion, spirituality, interfaith and multifaith programming.
- Outline stages of spiritual growth and analyze their effects on resident engagement.
- List and examine spiritual and religious practices and belief systems.
- Practice care planning for spiritual interventions through case studies.

Sound Engagement: Exploration of Interactive Music Programming

Music and rhythm are key methods of engaging residents of all cultures, abilities, and levels. In this program, we will review the benefits of interactive music programs for elders, participate in rhythm, singing, dance, and song-writing activities designed for seniors in all types of environments, and develop strategies for evaluating and increasing engagement through music in our communities.

Learning Outcomes:

- Outline therapeutic benefits of music for elders.
- Compare music therapy with music engagement programming.
- Practice resident engagement through rhythm, song, songwriting, and dance.

Nurturing the Rainbow: Inclusive Programming for LGBTQ+ Elders

As our older adult population continues to become more diverse, we must identify and address the specialized needs of each person in our program and provide engagement that is culturally accessible for all. Nurturing the Rainbow aims to identify the specific needs of older adults who identify as LGBTQ+ and develop strategies to meet the needs of these elders, their allies, and their families.

Learning Outcomes:

- Describe key terms relevant for understanding LGBTQ+ Older Adults
- Explain common issues for LGBTQ+ Elders in residential care communities.
- Discuss effective strategies for creating welcoming environments and quality care for LGBTQ+ Older Adults, their families, and allies.

Beyond Bingo: Montessori Principles for Resident Engagement

Montessori Methods are becoming popular in resident activities in recent years. This presentation will provide a foundation in Montessori Principles which can be applied to activity programs in various settings on the continuum of care.

Learning Outcomes:

- Outline the history and principles of Montessori for Dementia
- Analyze characteristics of Montessori-based programs
- Review strategies for the implementation of Montessori Principles

Person-Centered Care Planning for Activity Programs: An Introduction

Do you feel like all of your care plans sound the same? Are the goals you write seeming more and more like copies of all other residents' goals? This seminar places the person back into person-centered care planning. During our session, we will practice applying person-centered practices to the care planning process in your community by addressing how to give a realistic picture of the resident while maintaining state, federal, and community policy.

Outcomes:

- Review state and federal requirements for care planning.
- Identify the key components of an initial note/activities narrative.
- Use resident responses to support care area assessments.
- Apply the "action," "measure," and "purpose" to care plan goals.
- Discuss how to measure and report resident responses in the quarterly assessment.

Google Classroom for Activity Educators Part 1

Managing a class online can be challenging. With all of the materials, assignments, and student communications involved, it can be stressful. Google Classroom is a free service available to instructors everywhere whether you are teaching for a school or for yourself.

Learning Outcomes:

- List the organizational and classroom management benefits of Google Classroom.
- Review methods of creating content, assignments, quizzes, and discussions.
- Discuss how to use Google Classroom in a fully online and blended learning environment.
- Create a small Google Classroom for a mini course using the LMS features.

Google Classroom for Activity Educators Part 2

So you've started a Google Classroom for your education program and are looking to get more out of the service? Great! This program helps teachers navigate advanced teaching strategies in this online platform. It reviews examples of layouts, learning tools, and best practices for customizing your course.

Learning Outcomes

- Review examples of Google Classroom Layouts for online and blended learning coursework.
- Apply external learning tools to enhance student engagement in the learning process.
- Identify best practices related to customization, accessibility, and copyright/fair use.

Creating Diverse, Equitable, and Inclusive Programs

Our resident population is becoming more diverse by the minute. As activity professionals, we have a duty to provide a program that is welcoming, inclusive, and equitable for all the residents in our living environment. During this program, we will explore the diverse population of residents, identify the connection between culture and activity engagement, and review a checklist for program effectiveness.

Learning Outcomes:

- Define and describe diversity, equity, and inclusive programming.
- Differentiate between equity and equality.
- Describe the impact of race, gender, gender identity, ethnicity, and culture on the personality and engagement of residents.
- Outline the structure of culturally competent activity programs.

Leading a Diverse Team of Professionals

The Activity Department is full of staff with diverse, individual, and unique backgrounds that are an asset to the provision of an activity program for the residents in our care. As directors, it is our responsibility to ensure that all staff in our department feel welcome, supported, and included.

- Review key leadership practices and methods.
- Discuss the impact of diversity on leadership approaches.
- Discuss inclusive hiring, training, and motivating approaches.
- Describe methods of supporting and celebrating the diverse backgrounds of the activity team

Essential Training Concepts for Activity Educators

Many activity professionals also fulfil the role of activity educator. Our job is to ensure that staff receive the adequate education to facilitate and assist with the development of the activity program for the residents. Teaching is its own unique skillset, and this lecture provides a foundational structure for new activity educators to create and present dynamic training programs for your activities team.

Learning Outcomes:

- Assess the learning needs of your activities team.
- Review methods of designing learning plans that work.
- Discuss key aspects of developing learning content.
- Create a plan to implement a training lesson in your community.
- Incorporate evidence-based evaluation techniques to ensure staff have learned.

Designing Dynamic Presentations that Keep Employees Engaged

Presenting education to staff or our peers can be intimidating. We want to make sure that we provide meaningful content while not boring our learners with an endless ocean of PowerPoint slides. This presentation addresses how to build an effective presentation that engages participants in the content so they take away meaningful learning experiences and keep coming back for more.

Learning Outcomes:

- List common pitfalls to present to staff and peers.
- Identify effective presentation techniques.
- Practice designing effective visual aids.
- Present a mini-in-service to your peers.

Full-Day Training Programs

Reiki Training for Activity Professionals

Reiki is a hands-on Japanese relaxation technique that has been used to help older adults reduce pain, stress, and help improve sleep. Our training programs help not only provide practitioners with foundational training but also a means of establishing a Reiki program in a long-term care setting, such as skilled nursing, assisted living, and adult day.

Our Reiki education programs are taught through a hybrid model (aka blended) and include a combination of face-to-face and independent study. Students will receive a certificate of completion for each course completed.

Reiki First Degree Certification for Activity Professionals (15 Hours)

Reiki first degree provides the foundational understanding for using the Reiki system of relaxation with residents in a long-term care community. During this course, students learn the history and principles of Reiki, the process of doing an initial Reiki intake session, and the methods of providing Reiki for residents.

Reiki Second Degree Certification for Activity Professionals (10 Hours)

Reiki Second Degree Certification provides further education to enhance the practices and principles of first-degree certification. During this training, students learn how to use Reiki with participants who may not be able to partake in a traditional Reiki session.

The Activity Consultant's Roadmap Retreat

The APCRR helps professionals create personalized "roadmap" or plan using a series of video lessons, worksheets, and live webinars. The result: you stand out because your message is clear! Those who complete the course will have a full plan of action for their company and a certificate of completion worth 9 continuing education credits approved by the National Certification Council for Activity Professionals.

- Identify and communicate your consulting mission statement.
- Assess the foundation of your consulting business to develop a plan of action.
- Create a strategic plan that outlines how you will communicate your mission.
- Identify and create strategies to remove roadblocks and barriers from your plan.

Alzheimer's Disease and Dementia Care Seminar (8 Hours)

The Alzheimer's Disease and Dementia Care Seminar provides a foundation of education on caring for older adults with dementia. This is the required seminar for those pursuing certification who qualify as a CDP/Certified Dementia Practitioner, or for those who just want to enhance their dementia education.

To see if you qualify for certification, go to www.nccdp.org.

Topics covered include:

- Introduction to Dementia
- Communication and Feelings
- Common dementia-related behavioral expressions
- Providing Personal Care
- Activities
- Environment
- Staff and Family Support, Diversity and Cultural Competence
- Spiritual Care and End-of-Life Issues

Speaker Biography



Timothy Anderson has been working in the field of elder care since 2007, with a specialization in Adult Day and Assisted Living creative and expressive recreational programming. He is a certified Alzheimer's Disease and Dementia Care Trainer through the National Council of Certified Dementia Practitioners, and a licensed instructor of the Modular Education Program for Activity Professionals through the National Certification Council for Activity Professionals. He received the Activity Director's Award of Excellence from the National Association of Activity Professionals in 2003 for advancing the profession and has spoken across the

United States at both national and local activity professional associations. Timothy also serves on the board of directors for Pride in Aging Rhode Island, an organization that works to improve the lives of LGBTQ+ Elders through education and advocacy.

Timothy holds a master's degree in education from the American College of Education with a focus on instructional design and technology and a bachelor's degree from the University of Rhode Island in Music Composition. He is a Certified Professional Life Coach through the Institute of Professional Excellence in Coaching, with a specialization in coaching life transitions. He is an Activity Consultant Certified through the National Certification Council for Activity Professionals, and an independent Reiki Master-Teacher. He is the proud owner of TMWC Educational Services, which provides education and professional services for Activity and other Healthcare Professionals to support the needs of older adults.