

KUDOS!

King Nursing Home Ltd.



2016 | 2017 AWARD RECIPIENT GPA LEADERSHIP EXCELLENCE IN PERSON- CENTRED CARE

King Nursing Home, in Bolton, Ontario, has a special Dementia Care unit that is home to 31 residents. It is a 3rd-floor space of safety and comfort. Elevators are disguised to decrease exit seeking and calm anxiety, hall wall puzzles engage roaming residents, and rummaging bins in common areas discourage residents from collecting things that belong to others.

Each year, residents go on a short camping trip. Prior to the event, they help plan meals and activities. It's a chance for them to care for themselves and others, rather than always being the ones receiving care.



Learn more about AGE, the developer and distributor of GPA® [here](#)



Janice King is the Home's Administrator. She gave us a little insight into how GPA implementation began for her staff:

"A few years ago we noted an increase in the number of residents with more advanced dementia, exhibiting responsive behaviours. There was a corresponding rise in safety concerns — for our workforce, other residents and our volunteers. We needed to safeguard individuals living, working and visiting the home.

As a person-centred facility, we recognized the need to provide staff with the knowledge, skills and tools to see and understand the individual person behind the responsive behaviours, gain insight into behavioural triggers in order

to de-escalate situations that arise and strategize approaches that were unique to the individual. We also acknowledged the need to learn ways to protect ourselves in certain care situations.

A commitment was made to provide education and put Gentle Persuasive Approaches into daily practice for 100% of our front line staff. We now do GPA-Recharged (GPA-R) annually and new employees receive GPA training. We also chose to have an in-house Certified GPA Coach in order to meet resident needs, support our care team and act as a resource person.

As we continue on our care journey, we definitely see the positive impacts and successes that are guided by GPA."
(More details below.)

GPA IS MAKING A DIFFERENCE ON THE DEMENTIA CARE UNIT

- GPA has taught staff to understand the uniqueness of each resident.
- We know from GPA that life history plays a large role in our residents' daily routines, thoughts and actions. Through team planning, we tap into their history to gain a better understanding of why behaviours are taking place and what can be done.
- We use GPA Validation Therapy frequently, so that residents feel they have been heard, understood and validated.
- GPA's 'Stop and Go' approach is used and built into several resident care plans. Staff know to stop what they are doing and re-approach only when the resident is ready.
- No restraints, seat belts, bed rails or lap trays are used on the Dementia Care unit.
- Personhood is the focus — understanding the person makes the care easier for the caregivers and more dignified, pleasant and gentle for our residents.

— Kate Hutchins, Director of Resident and Family Services