



## SUBMISSION FORM

All submission forms must include the following information. Separate submission forms must be turned in for each eligible program. **Deadline: July 1, 2021.** Please include this submission form with the electronic entry. If you do not receive an email confirming receipt of your entry within 3 days of submission, please contact [Gage Harter](#).


### PROGRAM INFORMATION

County: Prince William  
Program Title: Prince William Adult Day Healthcare Outing Program  
Program Category: Health Human Services

### CONTACT INFORMATION

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### SIGNATURE OF COUNTY ADMINISTRATOR OR DEPUTY/ASSISTANT COUNTY ADMINISTRATOR

Name: Christopher E. Martino  
Title: County Executive  
Signature: 

## **Prince William Adult Day Health Care Outing Program**

Prince William Adult Day Health Care (ADHC) is a state licensed adult day healthcare program based on a social model serving cognitively impaired adults aged 18 and older needing support and supervision throughout the day. ADHC has a primary focus on Dementia, offering person centered individual and group-based cognitive, physical, expressive, and social activities. Meals, personal care assistance, and health monitoring for overall well-being are also offered. In September of 2017, a Center for Medicare and Medicaid (CMS) remediation plan was put together to address the unmet need of providing program opportunities in the community outside of ADHC space. Recognizing that individuals with cognitive impairments and dementia become less active and engaged in the community around them due to a lack of community education and understanding about living with cognitive impairment, as well as lack of proper caregiver support and understanding the ADHC responded. A monthly Outing Program highlighting the necessity and importance of active engagement in local communities was implemented as a standard of program service offerings.

### **The following protocols were put into place to ensure safe successful Outing Program:**

- 1) At least one appropriate outing of varying choice ensuring opportunity for participation for all regardless type or stage of dementia.
- 2) Keeping a focus on a person -centered care feedback received from during participant Town Council meetings, as well as participant family members about past leisure and community routines was used to ensure opportunities of choice and interest.
- 3) Participants attending all outings must have an off grounds release of permission signed by responsible party, to be updated yearly in addition to a Participation Agreement and Outing Authorization form specific to the scheduled outing.

- 4) A participant to staff/volunteer ratio on outings is 3:1 and maintained with a maximum of 6 participants per outing.
- 5) Notice of outings to be posted 2 weeks in advance of date scheduled. Individuals interested in attending an outing must sign up at least 3 days in advance of the scheduled outing on specific signup sheet located at the front desk.
- 6) Rotation of participants attending outings is encouraged to ensure opportunity of participation for all.
- 7) All participants/family are responsible for all outing costs such as meals, and shopping money. Outings range from free to low cost with a maximum of \$20.00.
- 8) An emergency first aid kit including health and emergency contact information for each attendee as well as, cell phone, spare clothing, personal care needs such as disposable undergarments, wipes, and medical gloves, water and snacks will always be carried by staff on every outing.
- 9) In the event of injury/ emergency the Site Manager will be notified immediately, emergency protocol followed if needed. If medical assistance is needed the Recreation Specialist will call 911 and remain with injured participant/participants along with 1 Health Aide until help arrives. The 2<sup>nd</sup> Health Aide will attend to non-injured participants, assure everyone help is on the way, face them away from injured and redirect ease any fears.

ADHC cost of offering the outings has been minimal, securing county resources through Motor Pool/Fleet Service in the form of transportation, 12 passenger vans at low-cost daily rate \$10.00, mileage charge .25 and fuel cost \$2.16.

## **Brief Overview**

Since offering outings the ADHC has seen a benefit to participants, program, and families. An increased number of participants attended participant council, interested in having a say in outings. We saw a measurable uptick in engagement, as noted by staff in participant charts, and Caregivers reported, during conversations with staff, an observable decrease in agitation and sleep disruption on days their loved one attended an outing. Caregivers also reported their loved ones demonstrated better cognitive skills, remembering what transpired on the outing, and talking about the outing with them.

With the positive feedback and success of lunch, movie, museum, park, shopping, and scenic ride outings, ADHC began to expand monthly outing offerings from once to at least twice monthly. Plans were made and resources secured when Covid-19 hit.

Covid caused a pause in traditional service and forced staff to look where we could continue to offer the benefits of outings in a non-traditional way.

The answer was to offer virtual outings through Zoom. Armchair travel tours to locations like the Netherlands, and virtual walk-through garden and zoo tours from around the world were offered. Feeling like virtual experiences were not enough, creativity was tested to find a safe socially distance way to capture the benefit of a traditional outing experience. The ADHC created socially distant drive through experiences. Each drive through social featured drive-up activity stations and recreation bags to help promote engagement in familiar activities. By offering this outing type experience the program has maintained connections with participants and families and assisted in reducing feelings of isolation.



Outing Photo





**Drive Through Social Photo**



Drive Through Social Photo

Social Media Spring Drive Through Social Buzz Video Link  
<https://youtu.be/-2O3Vuvwt3k>



## **Executive Summary**

Prince William Adult Day Health Care is proud to have been able to expand service offering opportunity for community engagement in recreation and leisure through establishing and outing program. This program has provided participants successful engagement in both familiar and new leisure and life interest skills of choice as an active contributing member of the community in a supportive environment. Something that had previously been lacking from regular programming. Through offering regularly scheduled outings ADHC has provide participants a new way to engage and view their role in the community. This program has challenged ideas of what living with dementia looks like and an increase in participant reported positive feelings of self-worth, feelings of increased independence, and satisfaction within their days. Since 2020 ADHC has been able to maintain the benefits of their Outing program by new shifting from a traditional in person programming looking to new ways to continue to support and serve participants and families. Something that has been done with great success through the drive through socials. We are honored to be able to continue providing the residents of Prince William County with quality programming that maintains connection, provides support and hope throughout the Covid-19 Pandemic.