



Make it Matter!

How to infuse purpose into activities

PRESENTED by Tia Saucedo
SENIORS RESOURCE CENTER

LeadingAge Colorado Conference



About me:



Tia Saucedo (she/ hers)

has a passion for supporting people living with dementia and their caregivers. With over 20 years' experience in adult day programs, she is an expert in dementia care. Currently, Tia is the Director of Respite and Caregiver Services at Seniors Resource Center.



**"To live with purpose
means to unlock our
story, our gifts and our
curiosity"**

• Richard Leider



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Why does it matter?

Value

Pride

Purpose

Meaning

**Self
Worth**

Success



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What CAN they do?



•Think about what your person connects with

•Don't make it over complicated

•We aren't looking for perfect here, it should be something that doesn't frustrate them but rather gives them a sense of pride after doing



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The gift of coupons

The story of Mario



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Beyond the Jargon



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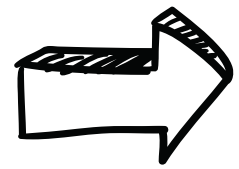
This is more than just a buzz word, it's about figuring out who they are, what makes them tick and then incorporating real and authentic opportunities for them to engage



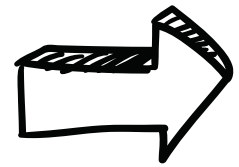
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I worked as a Flight Attendant

Participant Bio's



Start with who they were in their adolescent and then, adult years



This isn't about their medical diagnosis, but who they are as a person

- I was born in Missouri. My birthday is 09/15/1936. I am the oldest of 14 siblings.
- I worked as a flight attendant for Southern Airlines, a domestic company. The perks were; I could fly free on other airlines and go international for vacations.
- When I got married, I retired from work. My husband was in the Air Force, so we lived in many places. My family includes my son Ben, my D-I-L Kathy and my 2 grand-children. I had a daughter Betty, she passed away when she was 8 years old.
- I was raised in the Baptist church, but I am now a Presbyterian. .
- I am friendly and love to socialize with others. I like to dance, play bingo and cards, do active games like bowling and crochet. I like discussions. I like to play the piano. I love being with my family.
- I love to talk about the places I have travelled. My favorite trip was to Paris.



Sarah Beth Cable





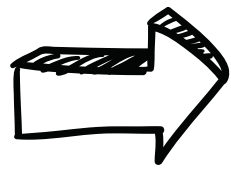
The gift of the "Club"

The story of Sarah Beth

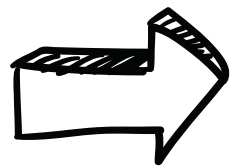


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Participant Bio's



What do they like or find enjoyable?



How are they best engaged or set up for success?

My simple pleasures, what do I enjoy

- I love socializing with others, being with other people and my family, music and dancing, reading, going to plays, my dogs Pepper and Buddy, watching movies and helping out at home.
- My favorite foods are Hamburgers and drinking tea. I do watch what I eat since I have Type II diabetes. * I do not like spicy food.
- I don't care for sports. My favorite movie is Gone with the Wind and I love to dance.
- I love just chatting with others and meeting new friends.
- I loved my career as a flight attendant, and I retired in 1979. I love being a grandmother



Sarah Beth Cable





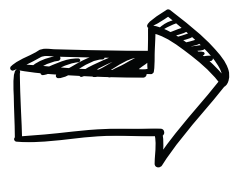
The gift of the Painting

The story of Merle

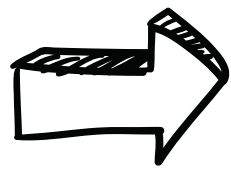


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Participant Bio's



What type of health and wellness considerations do they have?



What type of help do they need or prefer?

How to support me today

- I am living with Alzheimer's Disease and Type II diabetes. I have Glaucoma. I have a history of Lip and Colon Cancer.
- I am allergic to Heparin.
- I am independent with my ambulation, however, if you see I seem unsteady with walking or with transfers, please keep me at arm's length to keep me safe. I have fallen in the past.
- I am independent with using the bathroom and with my personal care. I need bathroom reminders and I may have an occasional accident, so please check on me. I wear Depends.
- I am on a diabetic diet. I really like to drink water and Iced tea. I am not a coffee drinker.
- I don't like to forget things or feel confused. I don't like to discuss finances or money. My long and short-term memory is fair.



Sarah Beth Cable





The gift of the Garden

The story of **Ralph and Fritz**



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An elderly man with short white hair and glasses is seated at a wooden upright piano, playing. He is wearing a light-colored, short-sleeved button-down shirt with a tropical leaf pattern and blue jeans. The background shows a room with a window and a black metal railing.

Its more than just passing time!

Ensure that your person:

- has choice
- participates in their care
- helps
- is asked
- has agency
- is valued



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Questions?



Tia Saucedo

tsauceda@srcaging.org



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Seniors Resource Center

Website

www.SRCaging.org

Phone Number

303-238-8151

Email

info@SRCaging.org