



# Update

2004

## 20 Years of Research Reflections of the EXECUTIVE DIRECTOR by Steven Raichilson

The **Institute** is **dedicated**  
to a **multidisciplinary**  
**program in gerontological**  
**research and training** that  
will **help the frail, the**  
**elderly and persons with**  
**disabilities everywhere** to  
**realize their highest**  
**level of fulfillment** in an  
**atmosphere of respect,**  
**dignity, and care.**

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**U**pon the 20th Anniversary of the Myers Research Institute, I would like to congratulate our talented staff, Board of Trustees and many members of the local gerontological community who supported Menorah Park's research efforts over the years.

In a review of those who influenced the development of the Research Institute, I must first mention the late **David and Inez Myers**. As dedicated life-long trustees of Menorah Park, they believed strongly that Menorah Park should serve as an international model of excellence in senior care. A key component in meeting that goal was for Menorah Park to be at the forefront of research into issues related to aging. While the Cleveland Foundation and the Menorah Park Endowment Fund provided the critical start-up money for the Institute, David and Inez Myers ensured the Research Institute's future with their generous gift of financial support.

It was not easy designing a successful Research Institute within the long-term healthcare setting, so I would like to discuss the accomplishments of our past and current directors, who provided excellent leadership at crucial times of the Research Institute's development.

Research Institutes based in nursing homes are very uncommon today and were less common when the Institute was started. Our first Research Institute Director, **Dr. Steven Folmar**, built the foundation of our research efforts by establishing ethical guidelines and securing initial grants.

Our next Research Director, **Dr. Rachel Pruchno**, trained under the internationally famous Dr. Powell Lawton, Director of Research at the Philadelphia Geriatric Center,



Menorah Park Executive Director **Steven Raichilson** (left) congratulates Myers Research Institute Director Cameron Camp for award-winning research.

a model of long-term care based research. She is credited for helping establish our national credibility with the first federal grant.

Following Dr. Pruchno, was **Dr. Charles Phillips**, well known nationally for providing the background research that led to the MDS system for Medicare and Medicaid long-term care reimbursement. Additionally, the Institute was fortunate to have on staff his wife, **Dr. Catherine Hawes** who is nationally recognized as one of the top nursing home advocates in the United States.

Currently under **Dr. Cameron Camp's** leadership, the Research Institute has added many new and exciting dimensions. Besides achieving success at obtaining Federal research grants, Dr. Camp has expanded research operations to consulting and educational engagements as well as product development. These new areas will surely promote growth for the Institute in the years ahead.



# from the **DIRECTOR'S CHAIR**

by Cameron J. Camp, Ph.D.

Looking over the last newsletter, I noticed this column began with “This is an exciting time at the Myers Research Institute. We are experiencing growth, change, challenge and opportunity.” These words seem more relevant today.

Since I made that statement, three new federally funded projects have been initiated. Two of the studies share a similar goal – to give persons caring for individuals with dementia the means to incorporate **Montessori-Based Dementia Programming™** within the context of their jobs. This, in turn, should result in improving life quality for persons with dementia on a large scale. The first of these studies is funded by the National Institute on Aging and involves development of a **screening tool for restorative nursing activities.**

The second study, funded by the National Institute of Mental Health, focuses on developing the means to more effectively **implement and disseminate Montessori programming** in long-term care, assisted living and adult day care environments.

The third national study, funded by the National Institute of Mental Health, involves developing Spaced Retrieval as a means of **enabling older adults with HIV/AIDS to adhere to medication regimens and keep clinic appointments.** This study is outlined on page 5, but I want to point out one particularly exciting component – the delivery of this cognitive intervention over the telephone. Effectively developing this approach in using Spaced Retrieval has important implications for improving the lives of persons living in rural areas where clinic access is challenging or, who are immobile or homebound for other reasons.

Our staff members are actively promoting the use of interventions developed at the

Institute on a national and international scale. We are especially pleased to have continued and expanded our training and affiliation with several facilities enabling staff to implement **Spaced Retrieval and Montessori-Based Dementia Programming™** in both long-term care and assisted



Dr. Cameron J. Camp, Ph.D.

living facilities.

We are also exploring the possibility of working within home health care and hospice services.

In addition to staff training, I have had the pleasure of working with **Jacqueline Marcel**, whose internet

radio program reaches a national audience of caregivers. Find archived interviews on our website, [www.myersresearch.org](http://www.myersresearch.org).

Finally, while we are developing our vision and looking to the future – to be an agent for positive change and paradigm shift in dementia care – we also take this opportunity to reflect on our past. The Institute recently reached a milestone celebrating its **20th anniversary.** During the years, the Institute has been involved in numerous research studies that have positively impacted lives of older adults. It is an honor to be part of such a forward-thinking and progressive organization.

Our **staff members** are actively promoting the use of **interventions** developed at the **Institute** on a **national** and **international scale.**

## research **HIGHLIGHTS**

### 1985

#### Restraint-Free Living

A study resulting in restraint-free living at Menorah Park and Margaret Wagner House.

### 1991

#### Chronically Disabled Adults: Mental Health of Caregivers

A study that focused on the ways mothers of adult schizophrenic and developmentally disabled children dealt with their own aging challenges and those of their adult children.

### 1993

#### Field Testing Competence Assessments in Long Term Care

Institute staff developed a simple, valid instrument to evaluate nursing home residents' competence to make medical decisions.

### 1995

#### Language Boards

A method to remove language barriers. Commonly used phrases are transliterated for the caregiver to speak.

### 1996

#### Montessori Activities as the Basis for Intergenerational Programming

The first grant beginning an extensive list of studies using Montessori-based programming for persons with dementia. Grants awarded in 1997, 1998, 1999, 2001, 2002 and 2003.

### 1998

#### Spaced Retrieval

Creation of a Spaced Retrieval training manual to enable rehabilitation staff to utilize this technique. The first step on a path of future studies with grants awarded in 1999, 2000, and 2003.



## institute shares honors for **DISSEMINATION OF RESEARCH**

**"F**or research to become truly meaningful, resulting benefits must get into the hands of people who can use them." This is the belief of staff at the Myers Research Institute of Menorah Park Center for Senior Living. The **American Society of Aging (ASA)** seems to agree. The national organization honored the Institute in conjunction with HCR Manor Care with a **2004 Healthcare and Aging Award**. The annual award recognizes "demonstrated high-quality, innovative programs that enhance the health-related quality of life in older adults." Specifically, the award acknowledges their collaborative efforts to implement and disseminate worthwhile activities programming for long-term care residents with dementia.

In the absence of a cure for Alzheimer's disease and other types of dementia, an increasing number of caregivers nationally and internationally are seeking effective programs to enhance the quality of life of the millions of individuals affected by memory loss. By creating train-the-trainer models, **Montessori-Based Dementia Programming™** is now being implemented in hundreds of facilities around the United States and Canada. Model programs also have been developed in Spain, Taiwan, and Ireland, in collaboration with staff from the Institute.

Developing the train-the-trainer model began when HCR Manor Care joined forces with Myers Research Institute in 2001 to begin implementing Montessori-Based Dementia Programming™ with the residents of their facilities.

During an initial research study, staff and families of residents who live on Alzheimer's care units were trained in the Montessori-based memory loss interventions currently used at Menorah Park. The results of the study indicated that using this type of programming increased the residents' participation in activities. The successful outcome led to the development of a two-day training program for staff members of HCR Manor Care facilities across the country. This specialized training



A Menorah Park resident practices reaching and grasping skills while enjoying a Montessori-based activity and one-on-one time with staff.

incorporates the founding principles of Montessori activities created in 1906 as teaching methods to fully educate the child, not just teach academics.

According to researchers, the guiding principles of Montessori teaching are also the foundation of good dementia care – to provide meaningful roles and a chance to contribute as a member of a community. The reformatted activities for individuals with dementia provide a wide range of choices that help them compensate for some of the physical and cognitive impairments they may have. These may include reduced verbal, motor and sensory skills, which can lead to apathy, and sleep or behavioral problems such as extreme agitation. In addition, abilities needed for self-care are put into practice while performing activities enabling greater independence. Skills include eye-hand coordination, reaching and grasping.

**Montessori-based programming is currently the subject of a study funded by the National Institute on Aging.** The \$1.26 million, four-year grant focuses on designing and testing assessment tools that reveal abilities of older adults with dementia who live primarily in long-term care settings.

## training **UPDATE**

Myers Research Institute provides top-quality training on the interventions and strategies we research. These training programs can be customized to fit your needs and can be given in a variety of lengths, including half-day, one-day, or two-days. Training participants receive valuable information in each session as well as handouts and manuals.

### **AVAILABLE TRAINING**

- The Spaced-Retrieval Technique
- Montessori-Based Dementia Programming™
- Cognitive/Behavioral Interventions for Problematic Behaviors

## **ON-LINE CEUs**

Myers Research Institute has partnered with Northern Speech Services to provide

**ON-LINE CONTINUING EDUCATION CREDITS** for professionals who use our manuals. Log onto our website for disciplines approved in early Fall 2004.

For more information visit **[www.myersresearch.org](http://www.myersresearch.org)**

or call **888-MYERSRI** toll-free.



## CURRENT PROJECTS

### Enhancing the Quality of Nursing Home Visits Through Montessori-Based Activities

Funded by the National Alzheimer's Association

**Principal Investigator,**  
Cameron Camp, Ph.D.

### Programming for Dementia: Maximizing Abilities

Funded by the National Institute of Mental Health

**Principal Investigator,**  
Cameron Camp, Ph.D.

### HIV/AIDS and Aging: A Cognitive Clinical Intervention

Funded by the National Institute of Mental Health

**Principal Investigators,**  
Cameron Camp, Ph.D. &  
Marcia Neundorfer, Ph.D., RN

### Montessori Assessment in Restorative Nursing in Dementia

Funded by the National Institute on Aging

**Principal Investigator,**  
Cameron Camp, Ph.D.

### HIV Prevention: Voices of HIV+ Women Aged 45 and Over

Funded by the National Institute on Aging

**Principal Investigator,**  
Marcia Neundorfer, PhD, RN

### Caregiver Effects on Survival of Persons with Dementia

Funded by the National Institute of Nursing Research

**Principal Investigator,**  
McKee McClendon, PhD, University  
Memory and Aging Center

**Co-investigator:**  
Marcia Neundorfer, PhD, RN

### In-Touch: Touch Screen Technology for Long-Term Care Activities Programming

Funded by HCR Manor Care Foundation, Inc.

**Principal Investigator,**  
Jeanne Mattern, PhD



## RECENT PUBLICATIONS

Camp, C.J. & Skrajner, M. J. (2004)  
"Resident-Assisted Montessori Programming (RAMP): Training Persons with Dementia to Serve as Group Activity Leaders"  
*The Gerontologist*, 44, 426-431.

Neundorfer, M. M., Camp, C. J., Lee, M. M., Skrajner, M. J., Malone, M. L., & Carr, J. R. (2004)  
"Compensating for Cognitive Deficits in Persons Aged 50 and Over with HIV/AIDS: A Pilot Study of a Cognitive Intervention"  
*Journal of HIV/AIDS & Social Services*, 3, 79-97

Skrajner, M.J., Joltin, A., & Scullion, S.A. (2003)  
"Altruistic Roles for Persons with Dementia: The RAMP Project"  
*Aging, Health and Society: News and Views*, 9 (1), 7

Gorzelle, G.J., Kaiser, K., & Camp, C.J. (2003)  
"Montessori-Based Training Makes a Difference for Home Health Workers & Their Clients"  
*Caring Magazine*, January 2003, 40-42

Joltin, A., Camp, C. J., & McMahon, C. M. (2003)  
"Spaced Retrieval Over the Telephone: An Intervention for Persons with Dementia"  
*Clinical Psychologist*, 7, 50-55

Camp, C. J., & Nasser, E.H. (2003)  
"Nonpharmacological Aspects of Agitation and Behavioral Disorders in Dementia: Assessment, Intervention, and Challenges to Providing Care"  
In P. A. Lichtenberg, D. L. Murman, & A. M. Mellow, (Eds.), *Handbook of dementia: Psychological, neurological, and psychiatric perspectives* (pp. 359-401). John Wiley & Sons: New York

Rose, M. S., Camp, C. J., Skrajner, M. J., & Gorzelle, G. J. (2003)  
"Enhancing the Quality of Nursing Home Visits with Montessori-Based Activities"  
*Activities Directors' Quarterly*, 3,4-10

Bourgeois, M., Camp, C., Rose, M., White, B., Malone, M., Carr, J., & Rovine, M. (2003)  
"A Comparison of Training Strategies to Enhance Use of External Aids by Persons with Dementia"  
*Journal of Communication Disorders*, 36, 361-379

Camp, C. J., Cohen-Mansfield, J., & Capezuti, E. A., (2002)  
"Use of Non-Pharmacologic Interventions Among Nursing Home Residents with Dementia."  
*Psychiatric Services*, 53, 1397-1401

Smyth, K. A., Neundorfer, M. M., Koss, E., Geldmacher, D., Ogrocki, P. & Whitehouse, P. J. (2002)  
"Quality of Life and Deficit Identification in Dementia"  
*Dementia: The International Journal of Social Research and Practice* 1(3), 345 -358

Schneider, N. M., & Camp, C. J. (2002)  
"Use of Montessori-Based Activities by Visitors of Nursing Home Residents with Dementia"  
*Clinical Gerontologist*, 26, 71-84



## national grant supports **HIV/AIDS RESEARCH**

**R**esearch supported by a three-year **\$525,000 grant** from the **National Institute of Mental Health** extends the path of successful studies using Spaced Retrieval, a technique used to compensate for memory impairments in persons with a variety of diseases including Alzheimer’s Disease. The current study at Myers Research Institute is designed to assist adults aged 50 years and older who are experiencing cognitive impairments including memory loss associated with HIV/AIDS.

“Cognitive deficits threaten the ability of people to manage their illness independently,” said Institute Director and principal investigator Dr. Cameron J. Camp.

Co-investigator Dr. Marcia Neundorfer explained that HIV/AIDS can cause short-term memory loss, problems with sequencing and logical reasoning as well as difficulties adapting to change, and loss of memory to do something in the future. While approximately one-third of persons with HIV/AIDS experience these cognitive deficits, older adults with HIV/AIDS are the most susceptible to these losses because subtle declines in reasoning and memory are aspects of the aging process. As people with HIV/AIDS age, the brain changes associated with the HIV infection are compounded by aging changes and deficits related to other illnesses. That means older adults have greater difficulty taking medications properly and keeping clinic appointments.

“Evidence shows that to live longer and healthier lives, persons living with HIV/AIDS

must take HIV medications as prescribed,” said Dr. Neundorfer. “They must achieve at least a 95% adherence rate, which is difficult for anyone taking medications for chronic illness.”

The virus can mutate and become drug resistant if medications are not taken properly. This is not an easy task considering that persons with HIV/AIDS may take 16 pills or

more per day. Some medications must be taken at certain times of the day with or without food, which only increases the complexity.

“People may have pill dispensers to assist in taking medications, but how do they learn how to use the devices if HIV/AIDS robs them of the capacity to organize their pills in them and remember to take them,” posed Dr. Camp.

“Spaced Retrieval provides the strategies to address the missing links.”

By using this therapy technique, people are able to remember specific information and learn strategies to retrieve information. Individuals practice learning and successfully recalling new information over lengthening time intervals from minutes, to hours, to days and eventually months.

In a small pilot study preceding the present study, **90% of HIV/AIDS clients demonstrated the ability to use Spaced Retrieval** to accomplish goals including taking medications, keeping appointments and for a depressed individual, reading an uplifting story. The people involved all showed significantly higher memory deficits in prior testing.

By using this **therapy technique**, people are able to **remember specific information** and learn strategies to **retrieve information.**

## spaced retrieval **THERAPY**

### Step ONE

**At the beginning of therapy, the client and therapist identify a goal appropriate and meaningful to the client.**

A common goal is often “remembering doctors’ appointments.” Other popular goals could include remembering to take pills and remembering the name of the facility in which one lives.

### Step TWO

**The client and therapist then collaborate on determining a specific strategy for reaching this goal.**

Clients trying to remember appointments often point out that they write appointments on a calendar, but often forget to look at the calendar. Through Spaced Retrieval, they learn to look at a calendar at the same time each day.

### Step THREE

**Once the client agrees to a strategy, the client practices remembering the strategy.**

The therapist asks, “How do you keep track of your doctors’ appointments?” The client is instructed to provide a very simple, concrete answer, such as, “I look at my calendar after breakfast.” The same question is asked many times, over increasing time intervals (beginning with seconds and minutes, progressing eventually to a point where the information is retained for days). This question-asking technique allows clients to practice remembering the strategy and to learn the information efficiently. In between prompt periods, the client can be involved in speech therapy, games, conversation or other enjoyable activities.

### Step FOUR

**At the end of each session, the client actually carries out the strategy in the presence of the therapist.**

In this case, the therapist would be sure to visit or phone the client right after breakfast and make sure that the client has looked at his or her calendar to check whether there are any doctors’ appointments.



# myers research **HEADLINES**

## **SECOND NATIONAL AWARD**

for Montessori-Based Dementia Programming™

The **American Association of Homes and Services for the Aging (AAHSA)** honors **Myers Research Institute** with the **2004 Innovation of the Year Award** for development and dissemination of this effective program that **enhances the lives of persons with dementia.**

Caregivers are able to gain **hands-on experience** by taking part in the **Institute's train-the-trainer program.** To date, this program has enabled **hundreds of facilities** around the United States and Canada to provide this program to clients.

## **COMING SOON**

## **Earn CEUs On-line**

Also Available...



...our intervention manuals on Amazon.com.

**See page 3 for more information on Montessori activities and all of the Institute's train-the-trainer programs.**



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