Restorative Care: What it is and why it matters?

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Introduction

- What is Restorative Care????
What is restorative care

Restorative nursing care focuses on the restoration and/or maintenance of physical function, and helps the older adult to perform their own personal activities such as bathing, dressing and walking and other daily exercise and encourages them to do as much as possible for themselves.
This is like dancing, isn't it.

The two of us moving together as one...

Do you know that tonight is New Year's Eve? We've made it through another year, you and I.

Alright...

Let's dance.
Restorative Care

* Focuses on helping residents to do things for themselves rather than nursing staff doing for the residents.
* Focuses on short achievable goals.
* Focuses on the resident’s ability not their limitations.
* Involves all staff who work in the facility and every department
Different Approaches to Restorative Care Programs

- Integrated model
  - All facility staff provide a restorative care philosophy of care.
  - Restorative care is integrated into routine care activities and does not have to be scheduled around other activities.
Different Approaches Continued

- **Designated model**
  - One nursing assistant is selected for the role of restorative care aid and trained.
  - The number of residents receiving restorative care is limited by what one person can complete.
  - Restorative care is not provided when the restorative care aid is not working (days off, on 3-11 shift)
  - Restorative care is scheduled (usually mon-fri) as an extra activity and may interfere with recreational activities and appointments.
Step I: Establishing a Restorative Philosophy of Care

- Requires the caregiver to balance the resident’s residual abilities and strengths, endurance, motivation, medical conditions with the right type and level of assistance.

- Assisting too much can result in excess disability****Assisting too little can result in fatigue and frustration
Establishing a Restorative Philosophy of Care

Knowing
- when to allow the resident to attempt tasks independently
- when to provide assistance
- what type of assistance to provide
- how to provide appropriate feedback
Doing what is best for the resident

- Restorative care:
  - Promotes functional performance and prevents disability.
  - Improves and maintains physical and psychological health.
  - Allows older adults to function as independently as possible.
  - Promotes dignity and well-being.
Change in Philosophy of Providing Care --

We are here to care for you!

We are here to help you function!
Goals of Restorative Care

- Promote activity, mobility and independence in daily activities
- Decreases falls and injuries
- Increase muscle strength and balance
- Decreases incontinence
- Prevent frozen bones and pressure sores
- Promote increased involvement with others and decrease depression
- Decreases disability
Benefit of Restorative Care

- **benefit is psychological:**
  - better mood
  - better overall quality of life
  - feel like they have accomplished something

- **benefit is physical**
  - perform daily activities better
  - stronger
  - good for the heart and cardiovascular system
The Res-Care Intervention

- Uses a self-efficacy based approach—two tiered
- Start with a champion—A restorative care nurse
- Build a team behind the champion
Making Res-Care Happen

Essentially a four step process:

- Step I: Changing the Philosophy of Care
- Step II: Evaluating the Resident/Older Adult
- Step III: Motivating the Resident/Older Adult
- Step IV: Getting to Work: Recognition, Reinforcement, and Reward