

Behavioral Based Ergonomics Therapy (BBET)

AWARD WINNING INDIVIDUALIZED ACTIVITIES PROGRAM FOR
ALZHEIMER'S/ DEMENTIA RESIDENTS

EXCLUSIVELY AT THE MONTECITO SENIOR LIVING



The BBET Program at The Montecito Senior Living consists of four therapies customized to each individual resident's interests and capabilities (as a complement to group activities.):

**Music Therapy *Video Therapy *Stimulating Therapy *Memory Prop Therapy*

Benefits of BBET Program for staff:

- Convenient and available 24/7
- Engages residents *without one on one attention*
- Comprehensive training to identify signs of stress before behavior escalates
- Residents are calm for hours after therapy and often sleep better
- ADL care is smoother and more efficient

Benefits of the BBET Program for residents and families:

- Therapies are individualized providing both comfort and appropriate cognitive exercise
- Variety of non-pharmacological options for managing behaviors and engaging residents
- Enhances family visits and interactions
- Reports summarize data on BBET utilization and trends for families in care conferences
- Improved each resident's quality of life

Published Results of BBET Study*

Quality measurement	Improvements in 6 months
Reduction in falls	33%
Improvement in mood and behavior issues	67%
Improvement in behavior episodes	38%
Reduction in PRN medications	47%
Reduction in anti-psychotic medications	65%

*Results in an independent study conducted by Wright State university College of Engineering and Published in Long Term Living magazine and the American Journal of Alzheimer's Disease and other Dementia (2012)

The BBET Program has received six national awards:

- 2011 Doreland Health Silver Crown Award for Alzheimer's Care
- 2011 AMDA Foundation Quality Improvement Award (jointly sponsored by Pfizer)
- 2012 *Long-Term Living Leaders of Tomorrow* Award
- 2012 LTC LINK Spirit of Innovation Award
- 2012 OPTIMA Award by *Long-Term Living*
- 2014 ACHCA Public Service Award

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