PREETHI FERNANDO

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1501 MORNING DRIVE LOVELAND, CO 80538 970 663 4316 2017EXCEL@GMAIL.COM

Presenter Name: Preethi Fernando

Presenter Title: Author, Speaker, Healthcare Affiliate

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Workshop Title and Presentation :

45 Activities for Bedridden Residents

Description of Proposed Session as it might appear in the conference brochure

Most activities require residents to converge in a specific location. This excludes bedridden residents from participating in any events. In this workshop, the audience will learn about activities they can offer to residents who are confined to their rooms, how to deliver them, measure the effectiveness of bedridden activities, and the limitations. The types of activities may vary according to the age group of residents. Learning new computer skills such as www.ancestry.com, writing letters, getting an online degree, Wii Bowling, music therapy in individual rooms, teaching a craft, having pet therapists visit individual rooms of bedridden residents, are specific examples of bedridden activities. This workshop will examine how to apply for grants to enhance bedridden activities and to get more funding in-house. It will also examine why it is important to offer a healthy mix of physically, mentally, and spiritually stimulating activities for bedfast residents. The information is presented in an interesting, informative, and fun way.

Learning Objectives:

- Thirty different activities to offer bedridden residents
- How to plan the activity calendar around bedridden residents
- The effectiveness, affordability, time management, and practicality of Individualized Bedridden Activities
- How to allocate adequate time for bedridden residents and manage other life enrichment programs efficiently

Speaker Qualifications: Preethi Fernando, M/A, Tufts University, Massachusetts; www.preethifernando.com

- Author of five successful books
- Professional speaker at healthcare and assisted living conferences
- Provides of music as healing at 100+ assisted living and memory care facilities
- Winner, 2016 Stephen King Haven Foundation Award, given to an outstanding author in the United States every year
- Winner, 2016 Carnegie Fund for Authors

Time Required for Session: 60-75 minutes

Honorarium. To present up to five topics, my honorarium is $3,000 plus hotel lodging and food. Eg: This can include a Keynote and four breakout session topics. $3,000 covers to present anywhere from one to five topics at a single conference.

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Target Audience:

- Life enrichment coordinators
- Staff at independent living facilities, hospitals, assisted living, memory care, Hospice, home health care providers, senior center staff, sober living, rehabs
- Marketing and Sales
- Nursing home administrators
- Nurses, caregivers, social workers
- CFOs, CEOs

How will this session, meet the needs of the above audience described?

The staff as a whole, will learn about the benefits of a having a sound, life enrichment program for bedridden residents. From a marketing perspective, it helps to attract new clients and to retain existing residents. It will increase profits and create employee retention. Life enrichment coordinators in particular, will learn about time saving activities, activities for residents in ventilators, how to get free activities from the community, and how to provide in-house programs.

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Preethi has Previously Spoken At the Following Conferences:

Nebraska Health Care Association, October 2015 (Keynote and Breakout session speaker)
Leading Age, Nebraska, March 2015 (Keynote and Breakout Session speaker)
Oklahoma Association of Healthcare Facilities, April 2015
Ohio Healthcare Association, April 2015
Kentucky Association of Healthcare Facilities, November 2014
South Dakota Assisted Living Association, September 2014
Wisconsin Healthcare Association, April 2014
Michigan Assisted Living Association, May 2014