



Moments in Motion

Administrator:

Mr. Brandon Upshaw

Eastview Rehabilitation & HealthCare Center

7755 4th Avenue South

Birmingham, Alabama 35206

(205) 833-0146

We would like to introduce you to a new way to celebrate and remember our residents. Moments In Motion is a visual reflection of the activities and events at the facility on a daily basis. We believe, "A picture says a thousand words". This visual record allows families, staff and residents an opportunity to visualize actual experiences at the facility. We came about the idea because of a long time resident who was diagnosed with a terminal illness. The staff began to collect photos of different activities and events during the residents stay. After the resident passed away we put all of the photos together and the remaining pages were left for staff to give their condolences and words of encouragement to the family members. We then presented the book to the resident's daughter. The book has evolved because not only do we focus on those that are terminally ill but also our rehabilitation clients as well. For our rehabilitation cases, it provides them with a keepsake of their journey.

The Moments In Motion also provides a sense of closure for the staff, residents, and families. Most residents are here for years and therefore have strong bonds with the other residents and staff. It is often a very emotional time for them to adjust to the loss. Family members often experience guilt after a loved one dies because they felt as if they missed out on those golden years. This keep-sake book gives family members who couldn't be involved on a daily basis a subtle sense of actually being present.

The book is a collaboration of all departments in the facility. Each discipline is touched by the memory book because of the numerous interactions captured throughout the day. All residents are involved in the project. The activity department is the overseer of the book and is responsible for capturing the moments. After completion it is passed through each department for words of encouragement and inspirational insights.

The great thing about the book is that we start the book early so the resident can see it in development. We allow them to be a part of the planning process and help design and configure the book. This help the resident who may be in the denial stage to come to terms with their prognosis.

This Best Practice is unlike anything currently being done at other facilities. It not only touches family members but the staff as well. It helps show family members who entrust their love ones to us that we do what we do from our hearts. They then have the feeling that they didn't leave their loved ones with strangers but with an extended family. The Moment in Motion program is emotionally powerful yet inexpensive. It displays a visual of the Quality of Life that we preserve amongst our residents and proves the saying that, "A picture is worth a thousand words".