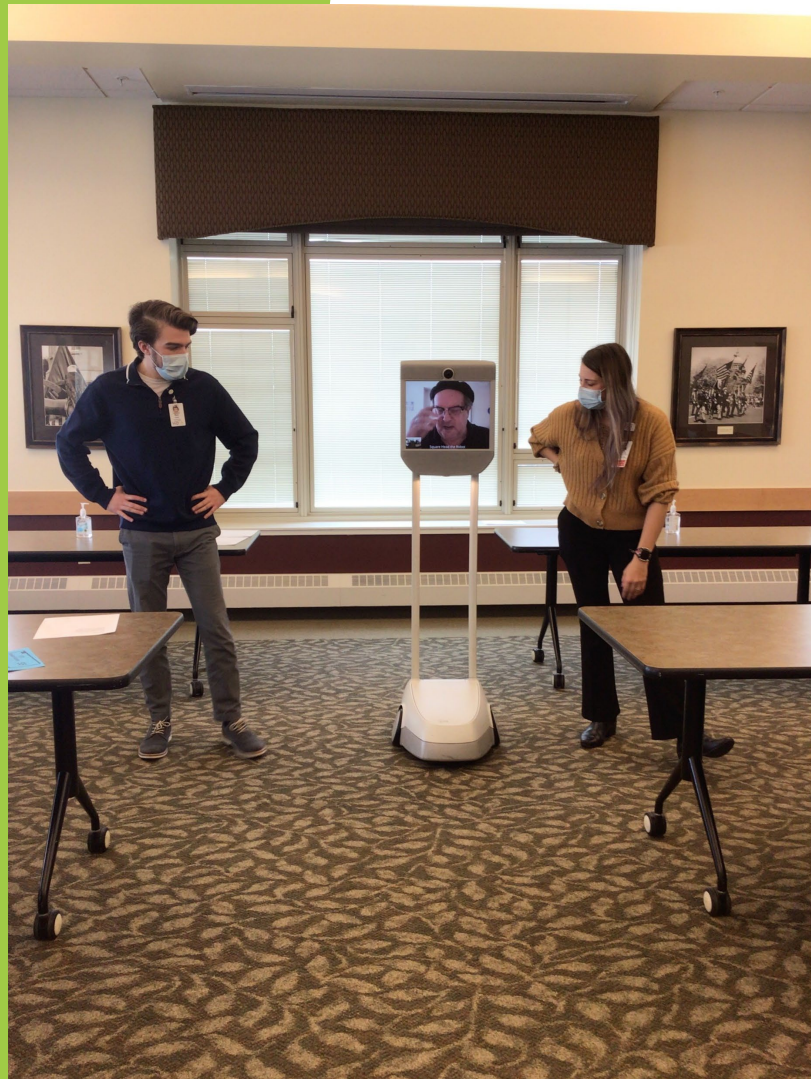
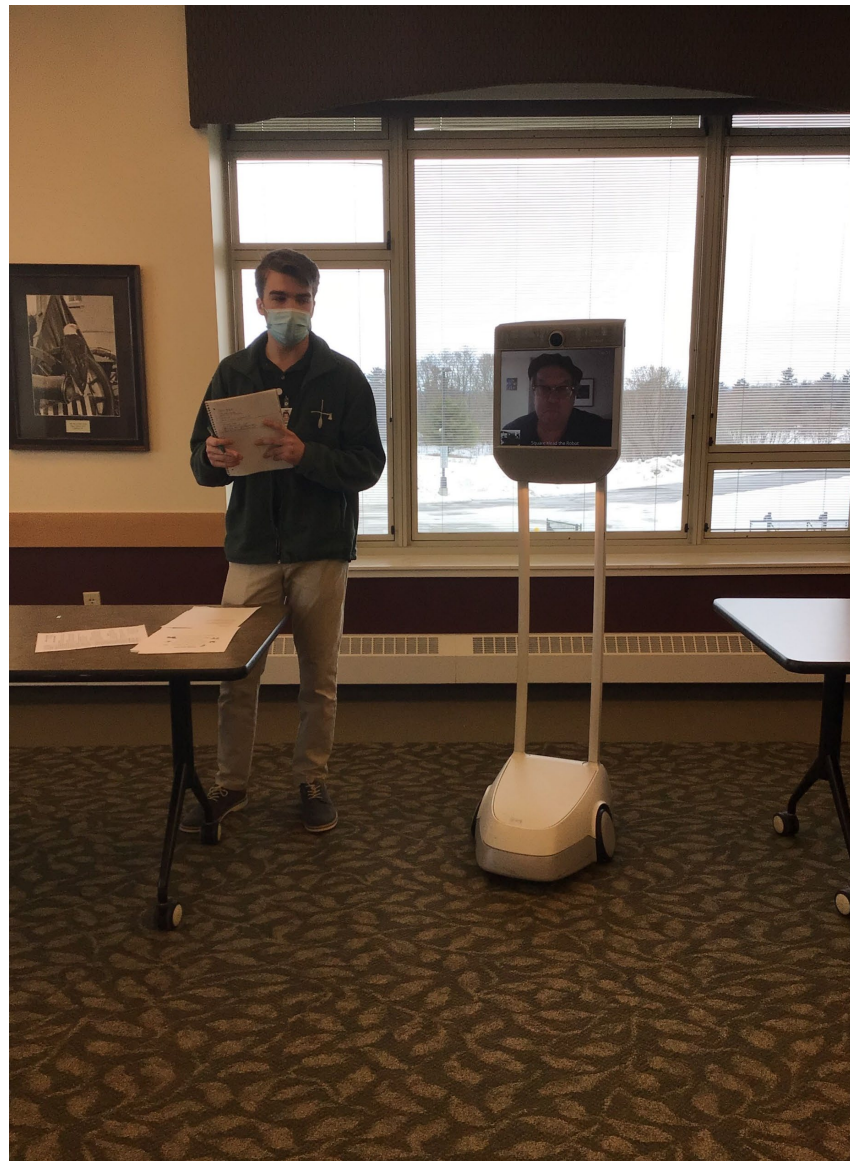


## Background

The Alzheimer's Poetry Project (APP) is an innovative program that uses telepresence robots to conduct interactive music, poetry, and dance sessions. The robot has a built-in screen with a camera and speakers on it, and the person leading the session will log onto the robot and will be able to interact with the members. Gary Glazner is the founder of APP and is someone that I will work closely with throughout this project. *"This program includes a training program of proven non-pharmacological interventions and resident-centered care tools to help improve the quality of life of elders and those with dementia and other psychosocial needs"* (APP, 2004). Gary also has two other colleagues that will be doing music sessions as well. Jesse Neuman is a trumpet player and Anthony Hyatt is a violinist. All three of these people will help improve our member's quality of life by providing meaningful activities that involve music, poetry, and dancing.



Myself, Gary, and Emily



Myself and Gary

## Objectives

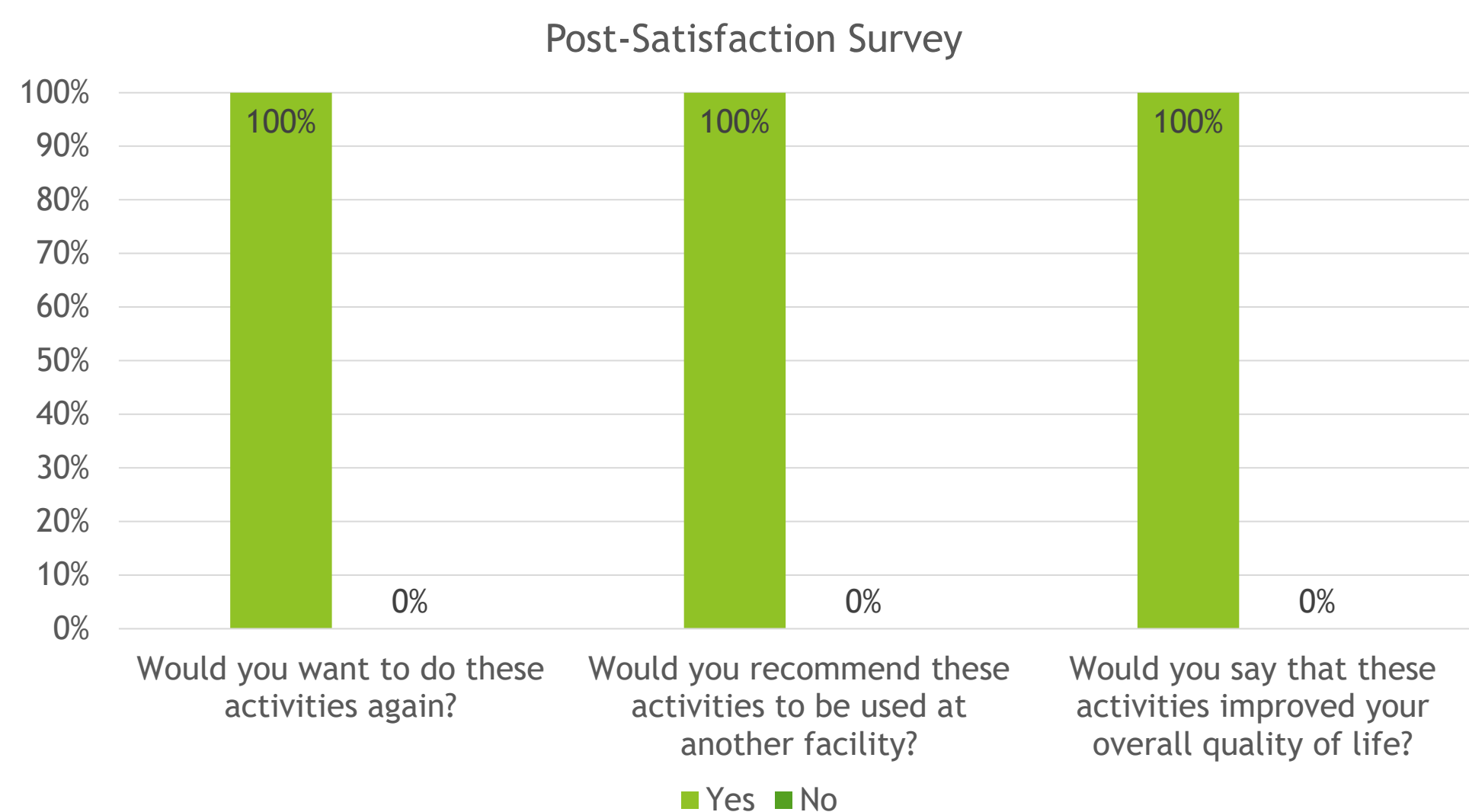
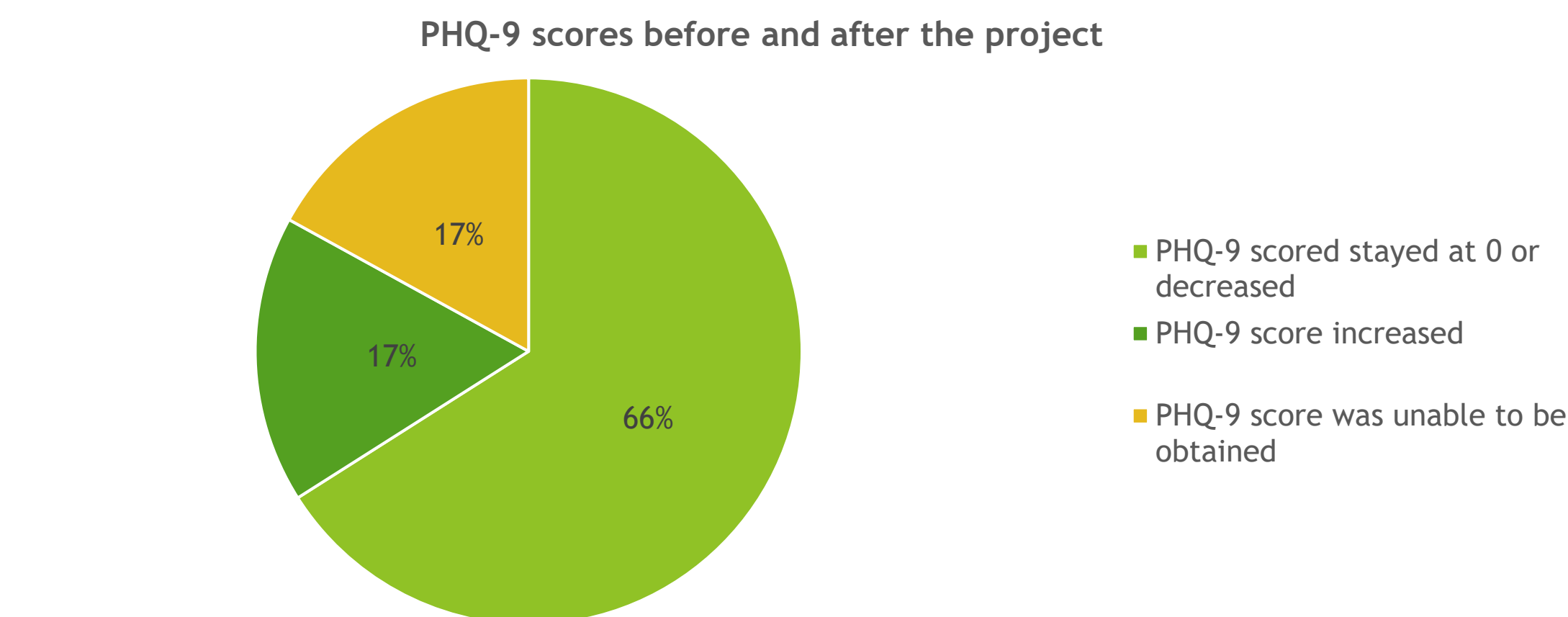
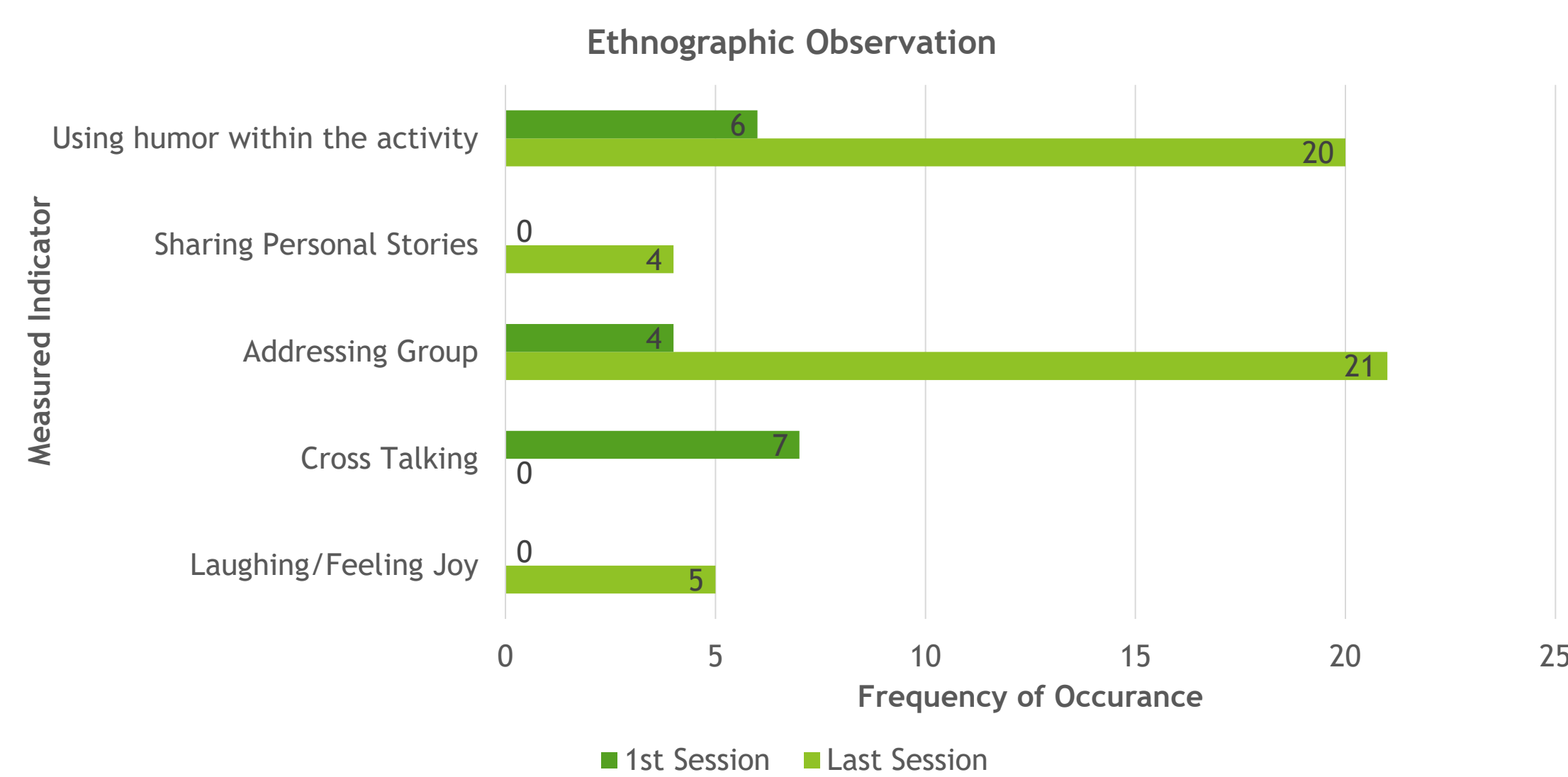
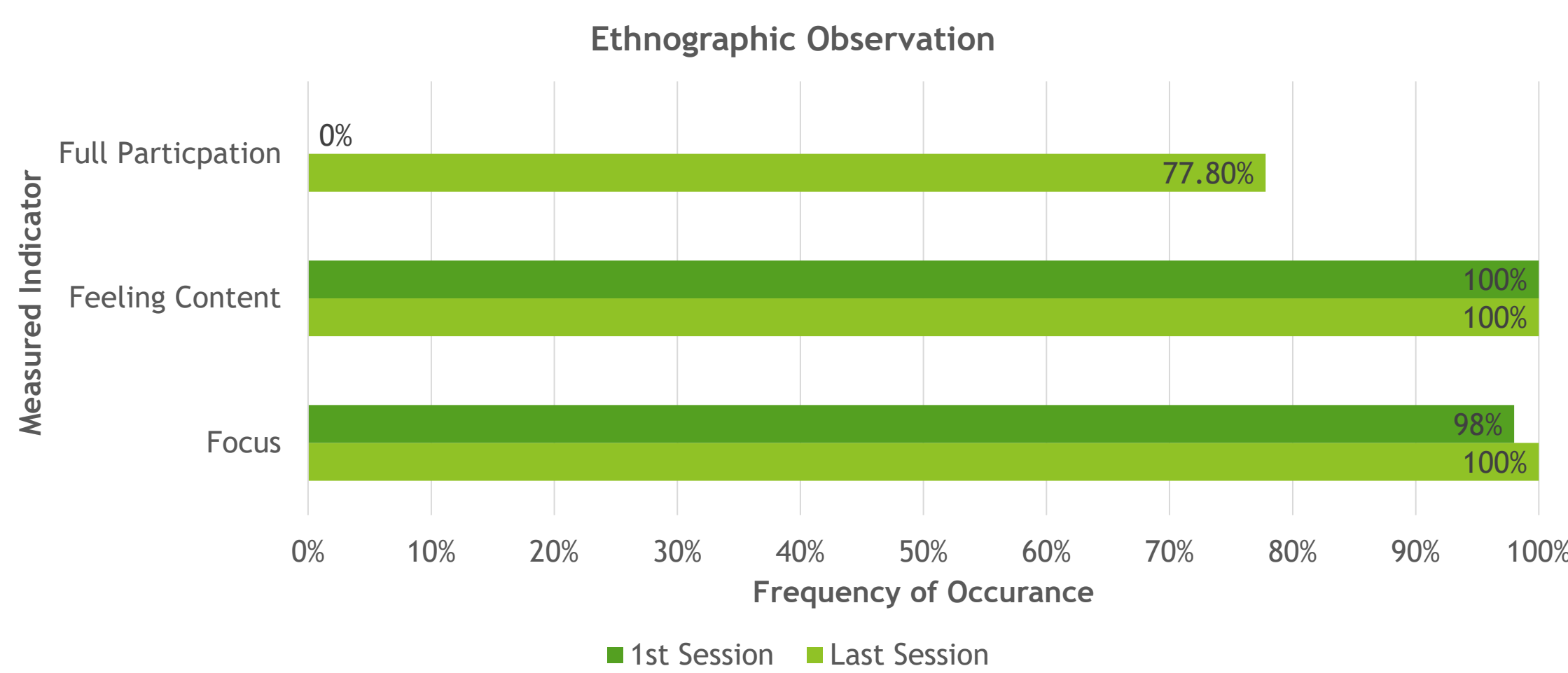
The main goals of this project include:

- Decreased PHQ-9 scores (or scores that stay at 0) from before the start of the project to after the completion of the project
- Have at least an 80% satisfaction level for each of the post project survey questions
- Improved ethnographic observation data from the first session to the last session
  - This observation highlights different "indicators" that were measured looking at shifts in a member's behavior and interactions
  - i.e., cross talking was observed 7 different times during the first session or there was 100% focus observed for the last session

## Steps

1. Conduct research about APP.
2. Reach out to Gary Glazner to schedule a training session and then other poetry sessions. I will also schedule times with Jesse and Anthony to schedule sessions with them as well.
3. Gary will observe one of our activities from the robot and will introduce himself to some of the members. During this observation, an ethnographic observation (explained in measures section) will be conducted for pre project data.
4. Myself and our activities team will go through Gary's training session and will learn some of his tips and techniques on how to provide a quality activity.
5. The sessions will be conducted over the course of a few weeks with Gary, Jesse, and Anthony.
6. During the culminating event, the same ethnographic observation will be conducted to determine post project data.
7. After the final sessions, I will conduct a post project survey with the participating members to determine its success.

## Results



## Sample Poem

Here is an example of a poem that was created by a group of members! Once the poem was created, we did a call and response and performed the poem!

### Title: Favorite Animals

*Dogs, that are a man's best friend.  
Giraffes with their super long necks.  
A big lion with its loud ROAR!!  
Monkeys eating all of the bananas.  
OOO OOO OOO!! \*monkey noise\*  
Ducks waddling across the street.  
Bunnies going hippity, hippity, hop!*

**\*\*This visual aid was used to help the members come up with what animals to put in the poem!\*\***



## Explanation of Results

The 3 measures that were used for this project all had improvements or successes from the first session to the last:

- 66% of the participating members had decreased PHQ-9 scores or the scores that remained at 0
- All indicators the were measured from the ethnographic observations had improving results
- All participating members answered yes to each of the 3 post-project survey questions

## Recommendations

One recommendation that I would change if I were to do this in the future would be to have more sessions. We had a situation where we need to get confirmation to be able to use the robot within the facility. There were also issues with trying to coordinate our schedule and Gary's due to all the activities that were already planned. Because of this, the number of sessions that we were planning to have got shortened. I also am going to recommend the staff to try and conduct similar interactive poetry sessions in the future. Gary was open to the potential of coming back to do more sessions, but these interactive activities are things that we would be able to conduct ourselves. Gary was great at providing us with different resources, tips, and tricks that he uses to run this session. I ran the culminating event myself, so I don't see of activities staff having any problem doing it themselves.

## Staff Testimonials

**Emily VanOpdorp (Life Enrichment Director)-** *"The Poetry Project/telepresence robot offered such a unique set of experiences to our members. I enjoyed witnessing and encouraging members to step out of their comfort zone as we worked together to bring these poems to life."*

**Lynn Jaenke (Life Enrichment Aide)-** *"Many of the members participated in the creative poetry stories and were laughing at the jokes and stories that were created and shared. It was a wonderful experience for staff ad the members!"*

## Conclusion

This project turned out to be a huge success for our facility. Everyone enjoyed it and were fascinated by the technology and the activities that we were doing. There were multiple members that were asked if we are going to be able to do this again, which really made me happy. This project that Gary started is something that I would recommend to any facility that is interested in it. It is a unique and interesting experience that I believe that most people living in long term care can enjoy. You can structure the sessions to meet the needs of the members that you are providing it to.

## Acknowledgments

Gary Glazner- APP Founder and Director  
Anthony Hyatt- Violinist  
Jesse Neuman- Trumpet Player  
Katie Plendl- Administrator  
Emily VanOpdorp- Life Enrichment Director  
Trista Benn- Life Enrichment Aide  
Lynn Jaenke- Life Enrichment Aide  
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