

Therapeutic Massage in Facility Care ~ Dawn Nelson

CONTENTS

Preface	1
Introduction	3
Care Facility Options Defined	5
Terminology	7

Section I

BENEFITS AND EFFECTS

Chapter One: Massage Benefits for Facility Residents

Physical Benefits	11
Aid in Improving Bodily Functions	16
Stress Reduction and Relaxation	19
Psycho-Social Benefits	22
Renewed vitality	26
Emotional Release	28
One on One Attention	29
Communication Aid	30
Contraindications and Precautions for Massage	32
Other Considerations	33
Recommended Reading	34

Chapter Two: Massage Program Benefits to Facility and Staff

Eases Demands on Staff	35
Complies with OBRA Regulations	36
Serves Staff Directly	36
Marketing Advantage	41

Chapter Three: Massage in Alzheimer's and Dementia Care

Alzheimer's Disease Characteristics	42
Efficacy of Massage in Alzheimer's Care	44
What to Look for in a Touch Practitioner	47
Communication Guidelines	48

Therapeutic Massage in Facility Care ~ Dawn Nelson

Recommended Reading	50
Residential Care Unit Massage Programming Model	52
Respite Care Massage Programming Model	54

Section II

IMPLEMENTATION

Chapter One: Creating a Massage Program

Payment Strategies	58
Research Project Examples	63
Implementation Models	65
Service Provider Credentials and Characteristics	66
Designated Coordinator	69
Facility Orientation	72
Getting Started	72

Chapter Two: Promoting the Program

Receptivity of Resident to Massage	74
Marketing and Promotion Strategies	76
Policies and Procedures	77
Responsibilities of Facility Coordinator	77
Involving Employees in the Program	81
Creating a Space for Staff Massage	81
Practitioner Suggestions for 15-Minute Chair Massage	84

Section III

SUPPLEMENTARY MATERIALS

Terminology Used in Care Facility Settings	90
Massage and Bodywork Glossary	92
Case Studies	96
Sample Documents	106
Resources and Contacts	135
Bibliographical Sources and Additional Selected Reading	139
Acknowledgements	140