

Session Descriptions for WRAP Conference 2025

Session #1: **Creating Engagement Opportunities**

Offering engaging experiences for people living with dementia can be challenging as they each retain different skills. This workshop guides the learners through recognizing what people with dementia CAN STILL do and adjusting experiences to meet these abilities. Learners will walk away with an Adult Art Project Manual they can use to lead their own experiences.

Session #2: **The FISH Approach to Dementia Care**

This interactive session focuses on communication strategies that build trust, understanding, and improve relationships between care partners and people living with brain change. Let's get in the water! Explore "communication snags" that get us stuck in the weeds and how to adjust our responses by "getting in the water". Dive in and experience the world through the reality of the person living with dementia.

Session #3: **Activity Planning for Small Groups and One to Ones**

Facilities are seeing more and more functionally diverse residents and activity departments are being challenged even more to provide person-centered quality programs to meet the needs of all residents. Small group and one to one programming are becoming the focus of activity programming and interventions used with all residents. This session will explore the purpose behind small group and one to one programming, how to use activity assessment to establish criteria for developing the programs and network ideas that work in activity programs.

Session #4: **Mastering Activity Department Management: Essential Responsibilities and Best Practices**

Join us for an in-depth session designed to empower activity professionals with the knowledge and tools needed to excel in their roles. We will cover ten top areas for activity departments looking to enhance their skills and ensure their department runs smoothly and efficiently. Don't miss this opportunity to learn best practices and network with peers!

Session #5 **Flourishing With Fewer Hands: How To Create Meaningful Engagement During Times of Staff Challenge**

Flourishing with Fewer Hands is an energizing and interactive workshop for those navigating the realities of limited staffing in care environments. In a time when burnout is high and resources are stretched, this session delivers practical tools and uplifting strategies to help you do more with less—without sacrificing meaningful engagement. Participants will explore how to reframe challenges using strengths-based approaches, integrate low-prep, high-impact engagement models, and strengthen team morale. You'll leave with a toolkit of ideas you can implement immediately to create moments of joy, connection, and purpose for residents.

Session #6: **Programming Ideas with your Region**

There are 12 regional activity groups in Wisconsin and you are invited to join your area peers to share local resources, challenges and successes.

Session #7: **The Bride in Grandma's Apron sipped tea & Sang Hello Dolly**

Lanna will showcase her "Gig" on the Road Life Enrichment programs. These programs can actually be done by you and your community with a little thrifty shopping and planning. Lanna will share ideas, props and will need some models from the audience to make this a very engaging experience. The presentation will include Grandma's Apron's, Bride and Bridesmaids dresses, dolls and teapots.

Session #8: **Activity Interventions and Strategies for Working with Residents**

"Oh, but I can't stay, I have to get dinner ready". "Get out of my way, I'm going home". Do these statements sound familiar? Do your residents become more agitated when staff tell them this is their home now? We rely on sensory input and clues every day to make sense of our lives. We enjoy reminiscing about our experiences in our life and look forward to new adventures. This session will introduce participants to several different intervention strategies and modalities to use in working with residents who vary in cognitive ability.

Session #9: **The Do's & Don'ts of an Activity Calendar**

What should be on a calendar? What shouldn't be on a calendar? Let's discover the do's and don'ts of creating a calendar for all levels of functioning in senior living communities.

Session #10: **Town Halls Sessions**

During this session, you will choose between the Independent/Assisted Living Town Hall or the Skilled Nursing Town Hall meetings. Together we will share ideas, challenges, successes with fellow Activity Professionals.

Session #11: **Managing Time, Space, and People in Activities**

The secret to dealing with the future is to first define what we have to work with in the present. There's so much information overload that organizational skills are vital in the success of activity and recreation programs. Minutes spent on planning and organizing can save hours of time spent relocating and reviewing later. For an organizational plan to be effective it must be continually monitored. This session will look at way to effectively sort through the information overload and suggest ways to define the future.