

Bridgewell Direct Support

The Benefits of Quality Time and Interactions in Someone's Daily Living

Dynesty Roman Healthcare Studies

INTRODUCTION

- Bridgewell is a community that works with all types of individuals who need minimal to full assistance.
- There are many different sites, including community homes, Day Programs, outpatient programs, rehabs, and so many more.
- They have over 100 programs in multiple communities with over 1400 workers.
- Their mission is to “inspire hope and empower people to achieve their fullest potential.”

OBJECTIVE

- Support adults in expressing their choices and preferences.
- Give residents the freedom to do daily activities they enjoy.
- Listen actively and create space for their voices to be heard.
- Encourage independence through simple, meaningful moments.
- Work together to give residents choice



RELATED LITERATURE

- Bridgewell aims to provide high-quality care but faces challenges due to worker shortages and disability housing issues. **Bridgewell**
- Individualized housing models depend on well-trained staff, but systemic problems lead to gaps in support. **Bigby et al. (2022)**
- Burnout and understaffing reduce the time Addressing these challenges is crucial to ensuring residents receive more than just basic assistance. **Hewitt et al. (2022)**

ACKNOWLEDGMENTS

- Bridgewell for being so supportive and kind to me throughout this whole process
 - Samantha Murray- site supervisor
 - Residents that participate
 - Professor Eric Schisler



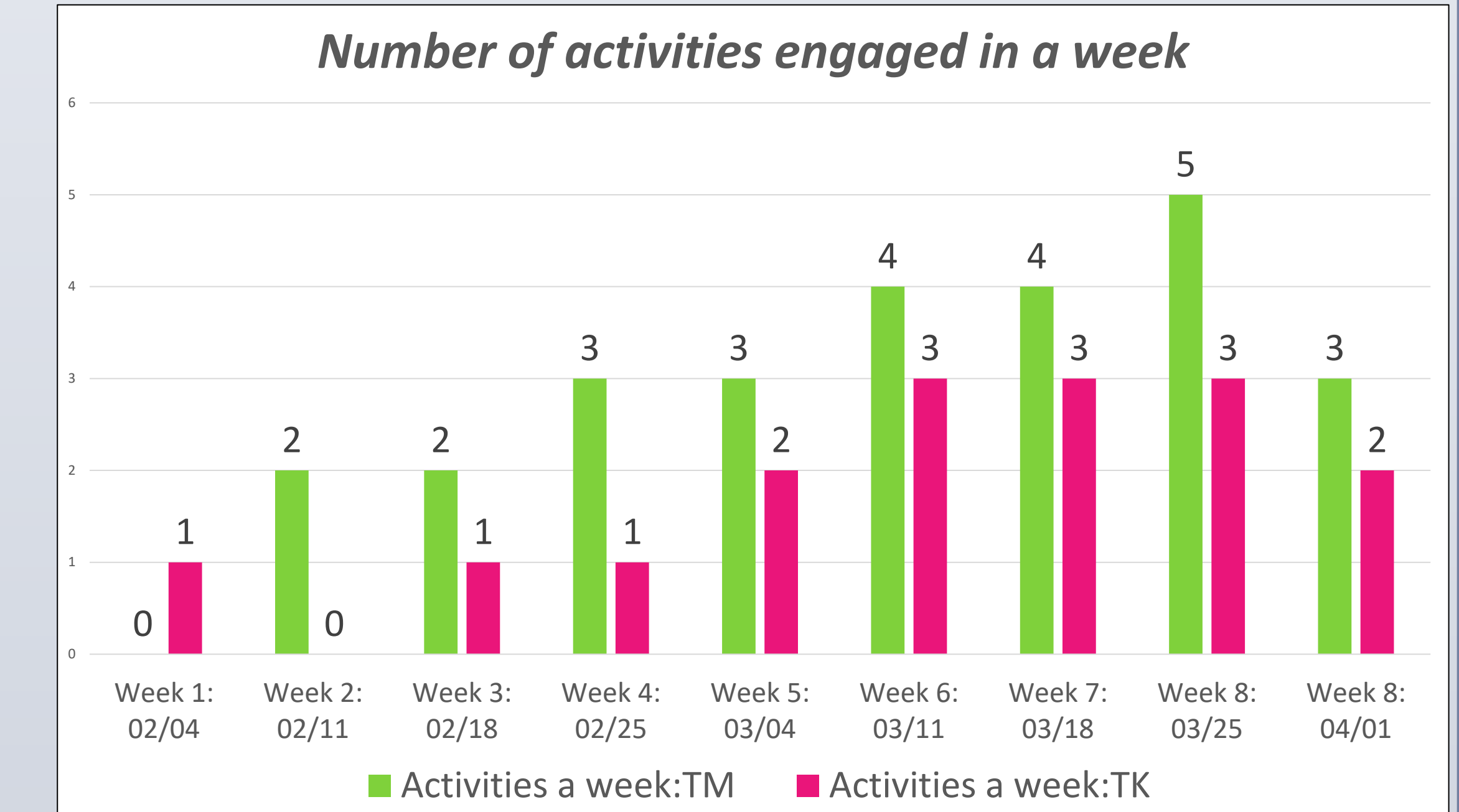
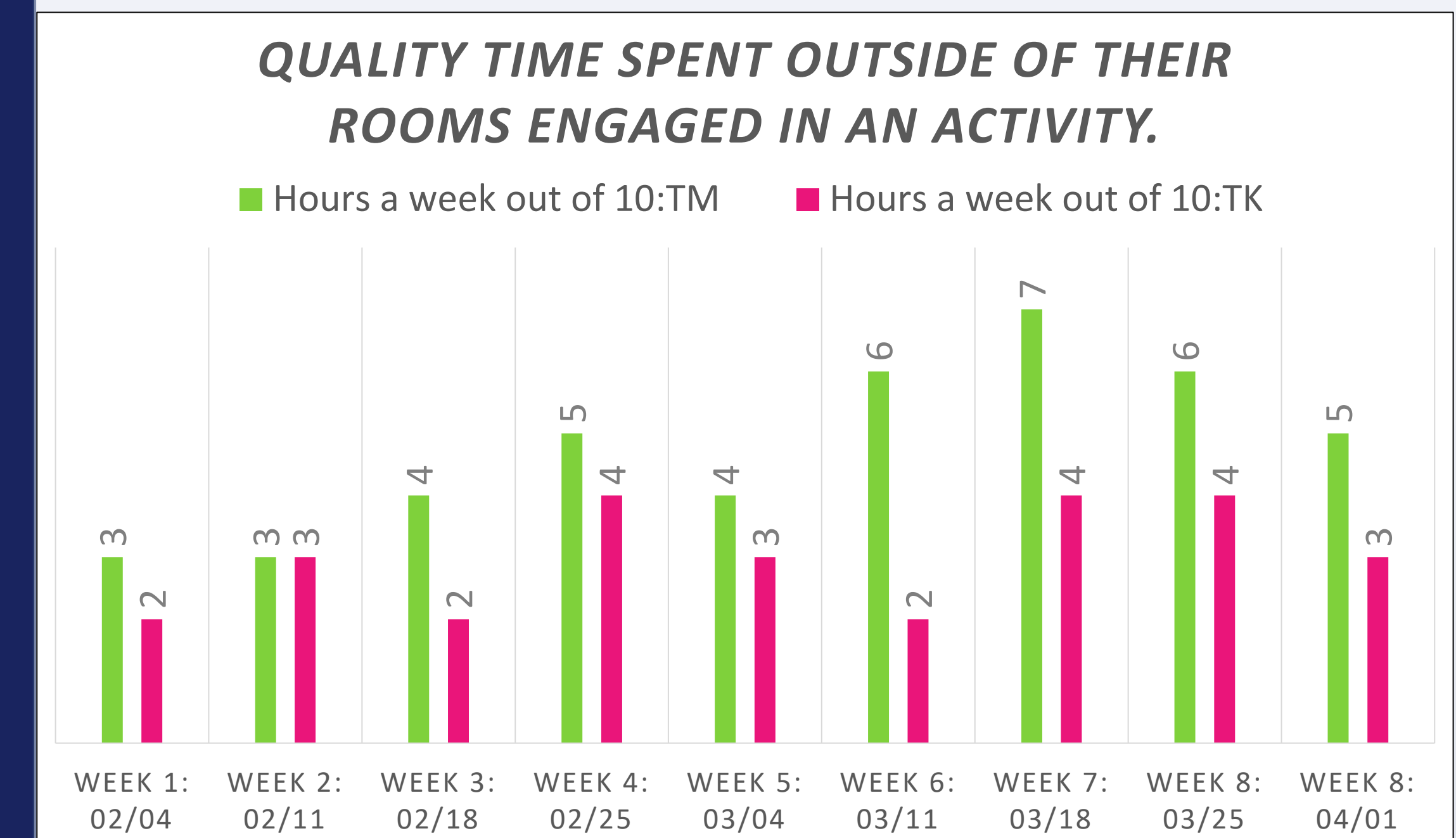
Spending quality time and creating meaningful interactions can deeply enhance daily living and overall well-being for those receiving direct support.



METHODS

- Each week I asked the residents a few questions
 - What do you want to eat today?
 - What should we bake?
 - What games do you want to play?
 - Do you want to go out? Where?
- List of preferred activities:
 - Deserts we made:
 - Cake and Cupcakes (Chocolate, Vanilla, Strawberry)
 - Cookies (Chocolate chip, sugar cookie)
 - Brownies
 - Things we did:
 - Bingo (their favorite game that we played so many times)
 - Colored pictures based on holidays
 - Board games (Jenga, Candy Land, Connect 4)
 - Went grocery shopping
 - Painted wood art
 - TM and TK are 2 residents I worked with

RESULTS



CONCLUSIONS

- TM's engagement increased steadily, peaking at 7 hours in Week 7.
- TK's participation stayed consistent, with some gradual growth.
- Both showed more time out of their rooms as weeks went on.
- Both were more engaged in activities together during this time.
- Quality time and consistent choices helped boost engagement.
- Positive interactions supported their emotional well-being.

REFERENCES

