Masterpiece Living Group Follow-Up Sessions

Detailed Agenda for Facilitators

# Welcome and Introductions

* Introduce yourself and thank participants for their time.
* Share guidelines for group participation:
  + Respectful communication
  + Share only what you feel comfortable sharing
  + Protect privacy of group members – do not discuss outside of this group what is shared today
* Ask participants to introduce themselves and to *briefly* share the answer to one of the following questions (that you choose to ask): What is something on your bucket list? What is one skill you have always wanted to learn? What are you passionate about? Who is your successful aging role model?
* Brief Review of Masterpiece Living (5 min. max): Review process of culture change in community, reviews, feedback, follow-up sessions, moving forward with areas of growth for individual and organization. Reinforce that the reviews are tools to track your progress, but they’re not Masterpiece Living.
* Set the stage for the coaching conversation and for the Group Follow-Up Session. Example: “The purpose of our time together today is to figure out what’s next now that you’ve completed the Reviews. You will be creating your own next steps to accomplish what you want to achieve. I ask that you keep an open mind while I ask you some questions that may be a bit different from our normal conversations.”

# Questions and Answers about Masterpiece Living Review Reports

* Lifestyle Review: This feedback report gives participants a summary of each component of successful aging (physical, social, spiritual, intellectual), summarizes risks and strengths for consideration in the participant’s personal successful aging journey.
* Mobility Review: This feedback report details participants’ mobility, including balance, fall risk, flexibility, strength, and aerobic endurance, and compares it to national norms/standards for older adults.

# Area of Growth Worksheet – Identifying Areas of Growth and Action Steps

* Using areas of growth just established, help participants identify realistic, practical, specific and attainable goals. Ask if anyone wants to share their goals, if comfortable.
* Give everyone the Area of Growth Worksheet and walk through the questions. Give participants a chance to think about and write their responses, and then to share with the group if they’re comfortable.

# Community Support of Goals: What Works? Opportunities to Do More?

* Now that areas of growth are identified, discuss action items to support growth in this area. What will the individual do after they leave the group session?
* How does this community support these areas of growth? What can the community do to increase their support of successful aging?
* How can the participants themselves become more involved in the programs or events that are offered?
* Try to keep this discussion focused on successful aging – it should not turn into a complaint session or function as a repeat of the town hall meeting or other general operations committees that exist independent of Masterpiece Living.

# Next Steps

* Announce sign-ups for individual follow-up sessions if needed.
* Remind residents of when next reviews are scheduled.
* Encourage participants to form groups around common interests or areas of growth to create ongoing support of one another.
* Share your organization’s opportunities for ongoing follow-up support.

# Adjourn

* Make sure each participant gets a chance to share what they are taking from the group or what their next steps are.
* Reiterate your support for their goals and your willingness to help if they would like it.