



Master Practices: Reviews & Follow Up

Review Campaign-Blue Zones Pledge

Plymouth Village

To kick off this campaign, our executive director, and MPL team introduced it at a town hall meeting with education about blue zones, we provided 30 Blue Zones books for the community members to read, share and discuss, they were a big hit! The books sparked conversations and questions in classes, meetings and in passing. Residents and team members together realized that it only takes one spark to light a fire, but multiple sparks keep the fire going strong. Through the proactive lifestyles mentioned in the blue zone book, residents had a better understanding of the three WHYs of MPL. In conjunction with this new wave of revelation, we gave residents and team members the opportunity to pledge to help paint PV blue by signing their name on a blue hand print image and then taping it to our Blue Zone Pledge paper tree located on our MPL Hall of Fame. By pledging they agreed to sign up for MPL Reviews. Once they completed their reviews, a blue sticky dot was placed on their address located on a giant map of PV, also located on our MPL Hall of Fame. Then after their follow-up session, they received a blue bracelet that said "Making PV a Blue Zone." This was worn to show that they completed their pledge and helped paint PV blue. Throughout the month the map and pledge tree grow from white to blue! Review participation increased from 19% to 51%!

Electronic Review Campaign

The Barrington

Every year when we host the Lifestyles Reviews for independent and assisted living residents, we use computers for direct entry. We have found that desktops with a mouse work the best over other forms of technology. The computers are connected to a printer so that we can print the follow-up report right away. Team members have spreadsheets with resident's usernames and passwords for quick and easy account access. We have a couple paper reviews available for those situations when things go wrong.

Lifestyle Review Clue Sheet

The Barrington

Over the years, in follow-up sessions, we hear the same thing, "I wish I had understood what the question was asking; I would have answered it differently." The team members and residents on our Champion Team compiled questions from the Lifestyle Review they believed needed further clarifying and created a "clue sheet" for residents to use while they took the Lifestyle Review. We give every resident a copy at our yearly reviews so they can refer to it while taking the Lifestyle Review. See Practice Resources for our PDF.