

# Practices to Encourage Repeat Lifestyle and Mobility Reviews

*(Below are examples of some practices gathered from MPL communities across the network)*

## **Themed Teams/Events:**

Promote camaraderie and a sense of community by creating teams.

- ❖ Themed Teams
  - A Birthday Month Team
  - Community, Building, Floor Team
  - Joint Resident / Team Member Team
- ❖ Themed Events
  - Use Purposeful Planning Toolkit for Monthly Theme Ideas

## **Incentives:**

Offer incentives that appeal to residents and team members.

- ❖ An Award or Public Recognition for the most Reviews completed
- ❖ A Special Event Drawing
  - A personally prepared meal by the ED
  - A game night with the Resident Services Director
- ❖ Food Fun
  - Ice Cream Social, Backyard BBQ, Beach Party, Mexican Fiesta
- ❖ Ticketed Events
  - Comedian
  - Well-known Speaker
  - Play, Musical
  - Sporting Event
- ❖ Team Trip Events
  - Afternoon Tea, Coffee Shop
- ❖ Community Shirt Day
- ❖ Good Health Incentives
  - Workout Equipment - Resistance Bands, Hand Weights, Pedometers, Balance Ball
  - Spa Day – Massage, Reflexology, Mani/Pedi
- ❖ Paid Day Off
  - Team with the highest participation earns a PTO day for the entire team
- ❖ Residential Rental Fee Discount
  - Provide rental fee discount for the month of participation

## **Promotion & Education:**

Does everyone know when Reviews take place? Do they understand the Value of participating?

- ❖ Share the information in a variety of formats and locations – 7 or more ways
  - Bulletin boards, mailbox memos, newsletter articles, meeting announcements, dining table tents, voicemail
  - Display goal progress in a public format - Thermometer chart, Bar chart, Pie chart
- ❖ Ask your Partnership Specialist for supporting articles
- ❖ Extend a personal invitation to every resident or team member
  - Have the Champion Team/Floor Captains/ Departments/etc., divvy up the resident list and personally invite residents
- ❖ Tap into existing meetings to promote
- ❖ Share a sample Review feedback report
- ❖ Create a Team Member Referral Competition
  - Team members personally invite Residents by giving them a card with their name on it. Residents turn in the card with their review. The Team members with the most name cards turned in win a prize.

## **Planning and Logistics:**

- ❖ Create a welcoming experience
- ❖ Anticipate special needs and address them early
- ❖ Bring the Mobility Review to the resident in his/her apartment in a one-on-one format
- ❖ Print results immediately, so residents can review their report right away

## Another Review? Why it Matters

You are a resident at a Masterpiece Living partner community and are being asked to participate in the Lifestyle and Mobility Reviews - *again!*

It seems like only a few months ago you last participated. It is already that time again? How important is it that you repeat your Reviews? How valuable is the information and is it really worth your time?

Most communities repeat the Reviews annually and indeed, time flies. There are three reasons why these Reviews matter:

1. You will be able to see your own areas of improvement from last time and identify other areas you may want to grow in. It takes courage to see yourself on paper but know that you are the only person to see your results and what you do with the information is entirely up to you.
2. Your community uses aggregate, de-identified data to make decisions on how to best support residents. By participating in the Reviews, you'll provide your community data that will prompt informed decisions.
3. Finally, by participating in the Reviews year after year, you are contributing to the largest database on successful aging in the nation. This database is going to change not only how we look at aging in this country, but how we all experience it.

The ever-growing Review Database reveals significant information about aging, especially when it portrays the lifestyle changes of a large group over time. Therefore, each time you participate in the Lifestyle Review you help build a more impactful message. Ultimately, the purpose of the database is to influence public policy related to aging - to make our country a better place to age for our children and grandchildren. YOU are part of this social change when you complete the Reviews.

Thank you for being part of this important movement!