

Your community is invited to participate in a preference-based, person-centered care quality improvement project:

## The PELI PAL Card Project

*Sign up by Wednesday, February 28<sup>th</sup>, 2018*

You are invited to participate in a quality improvement initiative to share information about residents' important preferences via the *Preferences for Activity and Leisure (PAL) Card Project*. This six-month project will start on March 1st and end on August 30th. The deadline to sign up is Wednesday, February 28<sup>th</sup>.


The focus of the *PAL Card Project* is on facilitating the communication of nursing home residents' important preference information across departments by implementing a person-centered quality improvement initiative called PAL Cards. The goal of the *PAL Card Project* is to offer training and support to 20 nursing home communities in Ohio wishing to implement this quality improvement initiative. The purpose is to learn from each community how acceptable, appropriate and feasible the PAL Cards are to implement.

In exchange for your participation, your organization will receive:

- Virtual training and materials needed for PAL Card implementation
- Monthly conference calls to assist with addressing barriers to implementation
- A *Robotic Joy for All* Companion Pet Cat or Puppy (valued at \$120)

### What are PAL Cards?

PAL Cards are small laminated cards that reflect a resident's important preferences for activities and leisure created using either the 8 activity items from the MDS 3.0 in Section F., or the 33 recreation and leisure items from the Preferences for Everyday Living Inventory (*PELI*). PAL Cards can be attached to resident wheelchairs, walkers or doors as a way to communicate important preferences to staff, volunteers, and other residents.

<p><b>Sue</b></p> <hr/> <p>9/28/2017</p>  <p>PreferenceBasedLiving.com</p>	<p>I'm originally from northern Indiana and I have lots of family in the Oxford area. I have 8 nephews nearby, as well as two nieces whom I see often. I enjoy talking to my aunts, Nancy and Denise, who call me frequently. I earned my teaching certificate and used to teach Art at Fairfield High School. I also worked with the activities department at Butler County Care Facility in Hamilton. In my pastime, I like to crochet and have even made some of my own clothes. I enjoy growing flowers, and used to take care of a vegetable garden. I like to cook, and Salisbury steak is my favorite meal to make. I enjoy watching the History Channel and the Travel Channel on TV.</p>
---	---

<p><b>Children</b> Loves being around kids of all ages and enjoys playing games with them, likes keeping track of nephews and nieces as they grow up and taught them how to drive.</p>	<p><b>Reading</b> Likes going to the Oxford library to pick up copies of Science journals. Enjoys learning about science and technology. Loves books and was once in a book club. Favorite genres include mystery novels and biographies about important people. Fern Michaels is a favorite author.</p>
<p><b>Sports</b> Dad got her interested in football when she was young, has liked pro sports ever since. Favorite NFL team is the Bengals and favorite NBA team is the Lakers. Used to enjoy watching European soccer on TV.</p>	<p><b>Music</b> Loves the era of 60s rock. Some favorite artists are Neil Diamond, the Rolling Stones, and the Beach Boys. Saw Neil Diamond live in concert.</p>
<p><b>Pets</b> Enjoys having pets around, especially dogs. Used to keep dogs and cats as pets, enjoys their company.</p>	<p><b>Current Events</b> Enjoys keeping up with current events and likes to watch the news on TV, favorite newspaper to read is the Hamilton Journal.</p>

## What will your organization be asked to do?

- Identify an onsite project coordinator or point person to lead the project initiative
- Take part in virtual training session(s) and monthly consultation calls
- Implement the PAL Card project in one neighborhood with approximately 15 to 20 nursing home residents. This includes allowing time for staff or volunteers to complete *PELI* interviews with residents, using either the 33 recreation and leisure items from the *PELI* or the 8 activity items from the MDS 3.0 assessment.
- Incorporate stated important preferences into the PAL Card template to create an individualized card for each resident in the selected neighborhood.
- Print, laminate, and place the resident's PAL Card, with his/her permission, on his/her walker, wheelchair, or in room so it can be visible.
- Explain the purpose of PAL Cards during staff meetings and new employee orientation.
- After PAL Cards have been completed, the project coordinator will be asked to complete a telephone interview and brief online questionnaire. Staff involved in the implementation process -- as well as those in daily contact with residents of the pilot-testing neighborhood (e.g., housekeeping, maintenance, and certified nursing assistants) – also will be asked to complete a short 3-5 minute questionnaire.
- Your participation, and any data collected during the duration of the study, will be treated as confidential information, stored in a secure location for the duration of the project. The data will be accessed only by project personnel at Miami University and will be destroyed after the data has been analyzed.

## Quality improvement outcomes

- Communicate residents' preferences regarding important recreation and leisure interests
- Successfully initiate conversations between staff and residents or residents and volunteers
- Assist "fill-in" or "floating" staff to be able to quickly learn about the residents they are providing care for
- Provide opportunities for staff and residents to develop stronger relationships
- Increase residents well-being knowing their voices are heard and preferences understood
- Build capacity to be able to implement PAL Cards with all residents in the community

## How to participate?

Use this link to sign up: [PAL Card Project Registration](#)

The deadline is **February 28<sup>th</sup>, 2018!** The first 20 communities to express interest will be included in the project.

## **Benefit of the study**

From a scientific perspective, the study will help us understand more about the factors that make it easier or harder to use PAL Cards in the nursing home setting. Results from the study could help us better prepare other nursing homes for implementing this quality improvement initiative.

## **Questions?**

For questions about the study, please contact

Dr. Katy Abbott, PhD, MGS

Assistant Professor of Gerontology & Scripps Gerontology Center Research Fellow

Miami University

Tel: 513 529-0869

E-mail: [abbottkm@miamioh.edu](mailto:abbottkm@miamioh.edu)