

April 18th, 2017

Libby McManus
8374 Baldwin Rd
Goodrich, Michigan 48438

The Pines of Clarkston

Dear Program Manager at Pines of Clarkston,

Attached you will find a proposal that outlines the issues surrounding an absence in events and programs for the residents of your assisted living home. This issue coincides with many of the problems that are seen with the care of the residents and their overall comfort during this transition period in their life. Unfortunately, resident health declines due to the lack of activity they are exposed to and allotted. As an organization that strives to provide the best care for their residents, it is imperative that a program for activities be implemented into their weekly routines in order to maintain the health and safety concerns of the elderly. In this situation, an option to implement a program can be done at no cost with the effort to increase public volunteer options, particularly for high school students but not exclusive to them. This option can be followed through with the project titled "Assisted Living Activities Program: A New Beginning". It is apparent that you want nothing but the best for all involved which is what this proposal is also hoping to do.

Sincerely,

Libby McManus

“Assisted Living Activities Program: A New Beginning”
The Pines of Clarkston Program Director

By Libby McManus

Disclaimer

The attached proposal was written by Libby McManus, a student at Saginaw Valley State University. She has composed this document while enrolled in Dr. Bradley Herzog's RPW 320 Grant and Proposal Writing course.

Executive Summary

The attached proposal explains the issue pertaining to the absence of an activities program at the Pines of Clarkston Assisted Living Home.

This proposal focuses on bringing attention and awareness to implementing a program for the elderly as well as providing volunteer opportunities for the public. The project will seek to promote a healthier lifestyle for the residents of the home as well as activity from the public. Ultimately, an activities program and volunteer opportunities will bring a positive recognition to this organization.

Table of Contents

Letter of Transmittal.....	1
Title page.....	2
Disclaimer page.....	3
Executive Summary.....	4
Introduction.....	6
Problem History.....	6
Proposed Solution.....	8
Project Assessment.....	9
Conclusion.....	10
References.....	10

Introduction

The proposal that follows is intended to give the reader an insight into the Pines of Clarkston Assisted Living Home as well as understand the problems they are facing when it comes to providing their residents with adequate activities and programs. The Pines has never focused solely on creating and improving programs for their residents that keep them active and healthy. In addition, both the community and residents will be involved in the success of this proposal. Within the home, there will be a promotion of the anticipated new program; this will ensure the likelihood of success. During the planning and production of the new activities, residents will play a part in deciding what new programs will be available to them.

The assessment of this problem involving The Pines of Clarkston Assisted Living Home is broken up into sections throughout the proposal. The problem history, proposed solutions, project timeline, and project assessment will be looked at.

Problem History

The problem I would like to address is in relation to the limited amount of activities offered to the residents of The Pines of Clarkston Assisted Living. Residents in assisted living homes often make the transition from a life at their own home to a new community of peers and health field workers. There are many reasons they chose to relocate, one includes the requirement for more attention to things we take for advantage such as physical activities and activities that keep our motor skills active. However, The Pines of Clarkston has been lacking an effective and adequate program that allow their residents to have access to unique activities that support their needs.

The issue of having no implemented programs have a few consequences. First, those who chose to call The Pines their new home have to accept the fact that they need assistance, often this leads to a lack of self-esteem and a sense of being unwanted in this stage of their life. With activities that keep them active and busy, a sense of community and need grows. Without them, other health issues grow such as depression and anxiety. Secondly, while there are often “bingo nights” and weekly poker games, it’s not fair to

assume that those common activities will make the residents happy, and surely not even active for that matter. One of the only ways to reverse the issue, is to bring awareness to the lack of activities and implement a program for the residents that provide effective and enjoyable activities for them that can improve their physical and mental health.

1. Lack of budgeting and planning for activities program

As previously mentioned, The Pines of Clarkston has a goal to provide supreme care for their resident but since finances for majority of their residents is limited, they do not have calculations in place for a specific activities program. Rather, it is simply counted into their spending as "assisted tasks". The family and those residing in the home are under the impression that there are programs. They have monthly bingo nights, movie nights, and religious activities. However, these do not coincide with their actual needs of increased physical activity to assist in their mobility or their cognitive needs that keep their memory skills active. Similarly, since there is no budget allocated for a program, the process to create one would result in the need for more employees and extra pay from the residents. Both The Pines and the residents lack the materials needed for this task. Instead, a proposed idea is to create a program that utilizes the tools they already have as well as offering volunteer opportunities to the community; this would require a \$0 budget increase.

2. Nonexistent program coordination/staff/volunteers

The job positions at The Pines vary from housekeeping, kitchen staff, caretaker, and nurse. There is no job title for a program director. Often times this is overlooked in nursing homes because they associate their needs with more literal programs such as physical therapy or limit their hiring needs to individual health care for residents which requires more nurses and nurse's aides. While it is very crucial to have the qualified workers in the homes, it is also important to consider the other mental and physical needs of their residents. A program director for activities would be able to create and put into motions activities specific to those residing in the home. Studies show that the results of being active as senior citizen are "associated with lower risks of cognitive impairment and Alzheimer disease" (Francis, 2014).

Proposed Solution

The proposed solution that follows is designed to help promote a healthier lifestyle for the residents of The Pines of Clarkston by implementing a new activities program that will also double as an opportunity for residents of the surrounding community as well as high school students to volunteer for the programs. The goal of this proposal is bring attention to effective activities that maintain the resident's mental and physical health.

"Assisted Living Activities Program"

This new activities program is designed to increase the resident's mobility as well as attending to their needs through various activities. Updating and proposing new activities for the residents can be accomplished in a timely manner. However, since the need for volunteers is required in order to carry out the new program, it is crucial that we make know of the need. Surrounding high schools should be updated on the opportunities for their students as well as the community in order to keep this program on track. As soon as there is steady number of participants, the programs can move forward.

In order to make the needs of volunteer's known, simple word of mouth and a newsletter blast letter can make achieve this. Since the assisted living home is small, family friendly environment, this should be an easy task. Both the staff and the families are eager to make this new program a success.

This new activities program will continue to be active as long as the staff, and more importantly, the residents remain comfortable and pleased with their new program. As new residents and staff continue to make this company grow, new ideas and activities can implemented.

Step One: Provide a New Activities Program Plan

The first step will be to focus on creating a new plan for the residents. In order to do this, it is important to include the residents in on the decision making for the programs. Their input is partial to the success of the new program.

1. Discontinue activities that aren't beneficial or well-suited for the residents
2. Consider and chose the new weekly and bi-weekly activities for the residents

3. Create a monthly plan for the new Activities Program

By organizing and creating this new program, not only are the residents being offered activities tailored to their needs, but both their mental and physical health is being considered while choosing activities that best suit their needs.

Step two: Promote the need for volunteers

In order to carry out the proposed plan, volunteers are needed. To obtain volunteers, The Pines of Clarkston will offer local high school students the opportunity to fulfill their required volunteer hours needed for graduation in exchange for their time at the programs where extra help is needed such as park or swimming days. This is not exclusive to high schools students, all members of the community are welcome to donate their time as well. To get the word out, The Pines will inform the school administration of their need for volunteers and for the community, fliers will be distributed.

Step three: Implement New Activities Program

After putting together a new plan and gathering the needed volunteers, the staff at The Pines will start the new program at the beginning of a new month. This will ensure that the program can be followed through as scheduled. Activities that are outdoor or require transportation will be scheduled for Friday's and weekends to secure the maximum amount of volunteers needed due to inflicting work or school schedules. Activities that are indoors will require little volunteers, therefore, the staff can carry them out. The goal is to keep the residents as active and engaged as possible with their new program.

Project Assessment

This proposal is intended to promote a better lifestyle for the residents at The Pines of Clarkston Assisted Living Home through a new activities program implemented by the staff and carried through by volunteer work. The goals are listed as followed:

1. Revise the activities program to fit the needs and wants of the residents. This includes having activities that stimulate and improve both their physical and mental health.

2. Establish the need for volunteers for the programs outside the home in order to keep the cost of the programs free. In turn, the volunteers receive hours and recognition.
3. Lastly, through these steps, the residents are better cared for and considered. They will be provided with a program that tailors their needs, both physical and mental.

The assessment of the program will be come after all these steps are taken. Three months after the first rotation of activities all of the residents, family and staff will be ask to weigh in on the success of the new program and provide feedback. If there is positive feedback, The Pines will continue to use the new program throughout each season, switching the activities every month to avoid repetition and boredom of the residents. Since there is no timeline or budget, the start date of the program is up to the staff and because of the absent budget, there is no need for the cost of living to go up for the residents. This new activities program proposal will benefit both the staff and the residents by allowing a new sense of freedom and compassion to be present. Resident health will hopefully remain steady with their activity or increase because of the new opportunities offered.

Conclusion

This proposal was made to create the best possible solution for The Pines of Clarkston in order to create and implement a new activities program for the residents. This project has hopes to bring attention and awareness to the needs of the residents. The goal is to maintain and improve both their mental and physical health through activities of their choosing. With that, the families and staff can be confident in the care and consideration their loved one are receiving.

Works Cited

Francis, P. (2014, May). Förnamn Efternamn PHYSICAL ACTIVITIES IN ELDERLY: BENEFITS and BARRIERS. Retrieved from https://www.theseus.fi/bitstream/handle/10024/77087/Francis%20_Purity.pdf?sequence