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May 31, 2006

Ms. Barbara Dombrowski
2727 Mahan Drive, MS 51
Tallahassee, FL 32308-5403

Dear Barbara,

Enclosed please find the following documents for the final submission from Life Care Center of Sarasota as required by the AHCA Funding Agreement AFA24:

- Final Report
- Kodak CD with requested photos documenting the programs
- Actual photos from the CD to make Agency review easier
- Copy of required insurance for the duration of the program
- Copies of invoices for the purchase of the aviary, fish tanks, gardening beds and gazebo.
- Recap of expenses with total due per the agreement.

Thank you for the opportunity to share in this program. It has been a great pleasure for us to participate. If I can be of any assistance in the future, please do not hesitate to contact me.

Sincerely,

Nina K. Willingham, CNHA
Senior Executive Director

enclosure

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**BUREAU OF
LONG TERM CARE SERVICES**

**Final Report
AHCA Funding Agreement
for
Life Care Center of Sarasota
June 1, 2006**

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BUREAU OF
LONG TERM CARE SERVICES

1. Enclosed - In electronic format, pictures showing progression of the project from beginning to end of the project, including celebration event for family and staff. Permission for photos is maintained at the facility. Index print and actual photos are also enclosed to make it easier for Agency review.
2. Analysis of the social programs now focusing on pet and plant care versus that what was provided at the beginning of the project.

Program Name	Social programs focusing on pet and plant care prior to the beginning of the project	Current social programs focusing on pet and plant care
Bird Aviary	Prior to the bird aviary being installed, there were no activities about birds.	<ol style="list-style-type: none"> 1. Residents enjoy watching the birds each time food and water are changed. 2. Activity calendar includes a special time with lower functioning residents to observe the birds in the aviary each week. 3. Active and passive observation of the birds occurs daily as residents, families and staff come to watch the birds play. There are now eggs in the nest that the residents are eagerly awaiting the hatching of the eggs. 4. A special monthly education time about birds is held with the residents.
Fish Tank	Prior to the fish tanks being installed, the residents had shown an interest in fish and have taken several trips to the Sunshine Skyway Fishing Piers to observe and catch fish. However, these trips occur only 3-4 times per year, and there were no formalized programs for the residents about fish.	<ol style="list-style-type: none"> 1. Trips to Mote Marine Aquarium and Laboratory have been held and will continue to be scheduled in the future. 2. Residents are studying fish species 3. Fishing trips continue to be scheduled. 4. Lower functioning residents have a special time of observing the fish in the aquariums. 5. It should be noted that a smaller fish tank was installed at the beginning of the project. However, the interest in the fish was great enough that the facility installed a 200-gallon tank in place of the 40-gallon tank. This tank has been a major hit.

<p>Raised Gardening Beds</p>	<p>Prior to the purchase of the raised garden beds, only one gardening activity had been on the activity schedule and for this activity, the residents used only small pots for planting. Outdoor gardening had not been a part of the resident activity program.</p>	<ol style="list-style-type: none"> 1. Gardening has become the number one favorite activity of a large majority of the residents. 2. Gardening education is on the activity calendar each week. Residents learn gardening tips on various species of plants each week and are eager to put them in place. 3. Each evening, resident volunteers water the plants. This is a special one-on-one evening activity for these residents. A lightweight watering wand was purchased, making it easy for them to water. 4. Our residents are anxiously planning a special meal that will allow them to eat green peppers, tomatoes, cucumbers, cabbage and eggplant at one time! At this time, eggplant parmesan and salad is the menu selection amongst the residents. 5. Because of the overwhelming success of this program, the facility has ordered three additional planting boxes in order to plant a greater variety of vegetables. At this time, the residents have expressed a desire to plant pumpkins for Halloween.
<p>Gazebo</p>	<p>There have been two small gazebos at the facility for several years. Only 2-3 persons could utilize these at a time for small visits.</p>	<ol style="list-style-type: none"> 1 We added a third, larger gazebo for larger groups to use for visiting and enhanced conversations. 2 Residents and families are encouraged to use these gazebos at their leisure. 3 Organized activities include sing-a-longs and reminiscing. 4 Patients and residents have regularly scheduled use, especially in the evenings, when the sun is less intense.

3. Analysis of resident and family survey compared to the beginning of the project.

Program Name	Analysis of resident and family survey focusing on pet and plant care prior to the beginning of the project	Analysis of resident and family survey focusing on pet and plant care at the end of the project.
Bird Aviary	Prior to the beginning of the project, 93% of the residents and families believed that the birds would provide a value added service to our residents.	Since the installation of the bird aviary and subsequent training session on birds, 100% of those surveyed responded that they enjoyed the birds and that they felt the birds brought an added value to their life.
Fish Tanks	Prior to the beginning of our project, 93% of the residents and families believed that the fish would provide a value added service to our residents.	We began our program with two small fish tanks; a 30-gallon size on one unit and a 40-gallon size for the second unit. Later in the project, we traded in the 40-gallon tank for a 200-gallon tank. The 30-gallon tank remained in the rehab unit. When surveyed, the 200 gallon tank was a huge success, while the smaller 30 gallon tank was less appreciated.
Raised Gardening Beds	Prior to the beginning of our project, 86% of the residents and families believed that the gardening beds would provide a value added service to our residents.	100% of those surveyed felt that the gardening program brought great value to the quality of life for those residents participating. This program has already had a dramatic impact on those who are a part of the program.
Gazebo	Prior to the beginning of our project, 78% of the residents and families believed that the gazebo would provide a value added service o our residents.	Only 75% of the residents and families felt the new gazebo was a beneficial service item for them. Nearly 100% of those respondents felt, however, that the extreme Florida heat was the reason for their negative response and that they would be more likely to use them in the cooler months.

4. Results of a qualitative study done at the end of the project conducted by interviewing residents and family members in groups and through personal interviews.

Residents and family members have been very supportive of the “Eden” type programs put in place at Life Care Center of Sarasota that were developed to enhance the quality of life for the residents. Family members have embraced these programs and have offered to be a part of the programs when they are in the facility. Residents often comment about how they enjoy the birds, fish and plants.

As a result of one of our focus group discussions, a suggestion was made that many of the residents would benefit from a dog that would be in the facility full time, rather that those who came once per week. So, we decided to add to the pet therapy programs by adopting an eight-week old puppy. In

April 2006, "Spot" came to live with us and has become a part of the Life Care family. She is eagerly received by a large majority of the residents. While we have 3 other dogs who make weekly scheduled visits, Spot comes to Life Care every day with her master to make her rounds and bring cheer to all those around her.

Resident Council members have declared their approval of the new programs. Family Council members voiced their thanks for our investment in programs that improved the quality of life for their loved ones.

5. Information on what part of the project has been the most successful and what has been the least successful and why.

Without question, the most successful part of the program has been the gardening. The residents have enjoyed these activities the most, having demonstrated verbal and emotional excitement about these activities. Our observations include:

- Residents have reminisced about their gardens, spanning from their childhood up to their adult lives.
- Gardening has been a wonderful opportunity for education. Residents have been able to contribute at their level of experience. Residents who came from cold weather climates have taught us about cold weather vegetables. Residents from warmer climates have taught us how to grow warmer weather vegetables. Several of the residents have guided us through the growth process, giving us instructions on how to fertilize, plant, water, cultivate, etc. When it appeared that insects had started invading the cabbages, one resident told us about an environmentally friendly way to eliminate the insects that included using dish detergent. We followed her advice and haven't had any insects in the cabbages since then. (Check out the photos of the cabbages and you will see how beautiful they look.)
- The sheer excitement of watching something grow has been wonderful for all of us who have been observing. The residents go out to check on the vegetables every day; some volunteer to water them daily. This has given them a sense of contribution and ownership in the facility. They get so excited about the growth that they keep us excited as well.
- Although we have had a very tough time involving two of our gentlemen residents in any activities other than through passive participation, they both have been eager participants in the gardening program (photos enclosed). Seeing them so enthusiastic made all of us smile.
- Residents have enjoyed planning menus around the crops planted. This planning has spurred residents to think about various recipes, ingredients needed, and how to make the item. Of course, when the cucumbers started to grow, they picked the first two and celebrated with cucumbers and sour cream. Although we encouraged the residents to let the cucumbers grow a little bit more, they wanted to pick them right away. They have had such fun!
- Due to the overwhelming success of this program, we have ordered three more of the wheelchair-height planting beds. The residents want to grow more vegetables for the fall and are already thinking about next Spring. One family member indicated that he wanted to get a raised gardening bed for his home so that he could grow tomatoes.
- Many family members have participated in the gardening program. The son of one of our newer resident's comes in every evening after work and takes his mom out to water the plants. They have a grand time together and often draw other residents into the discussions they have. This has helped him and his mom to become more comfortable with life in a nursing home and with other residents.

The least successful part of the program has been the gazebo. However, residents and family members have indicated that because of the extreme heat in Sarasota, they do not want to be outside. They have indicated that they will use the gazebo in the cooler months.

- 6. Information for other facilities that may wish to do a similar project. The information shall include what area was most successful and why. What area was least successful and what could be done to change it to make it successful. The report shall include all steps taken to complete a project such as this, what education was provided and how analysis was done on social programs and surveys. Information on how advisory committees were formed and the guidelines for their success.**

Other facilities that wish to do a similar project would do well to include the following steps to ensure the success of any new venture:

- First, a review of current resident's MDS and assessments to see what special interests could be included in the activity program.
- Next, ask the Resident Council and Family Council members about how they would like to see the current programs enhanced.
- From there, a fun, brainstorming session should be held to see what the residents would like to add to the programs.
- Next, a comprehensive review of current programs compared to the wishes of the residents should be completed.
- When a determination has been made to integrate new programs into the calendar, enlist the aid of residents and family members to implement the program.
- Draw upon the talents and expertise of others to ensure the program is off to a great start.
- Provide education about the new program, with residents and family members taking the lead when appropriate.
- Keep statistics to show how well the program is going. For example, we have kept detailed measurements of all of the plants and made weekly growth charts to keep the enthusiasm high.
- And finally, CELEBRATE! Always remember to celebrate every success. Celebrations give the residents an opportunity to acknowledge their contributions to the life and well-being of the facility. This, in turn, has a wonderful impact on their quality of life.

The most successful part of our program was the planting and growing of the vegetables. There are several reasons for the success of this program:

- Gardening has been a hobby or way of life for a large majority of our residents. They either grew up with a garden or developed it as a hobby in later years.
- The end result of the hobby – FOOD – is directly related to the interests of most active adults.
- Gardening is all about living. Growing food is a way to contribute to life.
- Watching something grow is an ongoing thing. Watching birds or fish is an enjoyable, calming pastime. But to be active in gardening, where the observer is also a participant brings a huge satisfaction to life.

The least successful part of the program involved the gazebo. Residents do enjoy sitting the gazebo with their family and friends. It is a popular place for sing-a-longs and reminiscing. Once the weather cools, it will again be a popular place for routine visits for residents and families.

Because our project was multifaceted, there were many steps taken to ensure the success of the individualized programs. These included:

- FOCUS / PDSA cycle was completed to determine the direction we wanted to take.
- Brainstorming session was held to ensure what the residents wanted to add to their programs
- Surveys with residents and families were done to document a baseline of interest and support.
- Cost analysis was completed to determine budgetary guidelines and grant applications.
- Purchases were made.

- Education was provided to the residents about the new programs. This included field trips to Mote Marine Laboratories to study species of fish, studying bird species and their mating cycles, and learning about every aspect of gardening, from preparing the soil to picking the vegetables.
- Activity calendar was changed to include the new programs.
- Focus groups were held to determine the success of the programs, as well as changes necessary to enhance the programs.
- An analysis of all four programs was completed to determine the satisfaction of the residents and family members.
- A celebration of the programs was held to give the residents an opportunity to acknowledge their contributions to the programs.

The analysis of the social programs and surveys was a three-pronged process. First, the FOCUS / PDSA cycle included a review of what was being done prior to the implementation. This included the review of any and all types of "Eden" programs offered on the Activity calendar. Second, surveys were given to residents and mailed to family members. A final satisfaction analysis was completed in an informal manner by meeting with the residents and their family members, asking about the programs and documenting their answers. There was overwhelming favorable response from our residents and family members about the new social programs. At least ten residents and family members who had not been active participants prior to the implementation of the new programs were eager to become part of the new programs. We counted this as a measure of great success. Additionally, a follow-up to the original FOCUS / PDSA meeting indicated that there was an even greater desire for the involvement of a dog; thus, the introduction of the new puppy in April.

The advisory committee was formed when the first FOCUS / PDSA meeting was held. Resident and family volunteers were a part of the group from the beginning. One of the primary guidelines we followed was that every voice was important to our success and to the well being of each resident. If that meant that we needed to take a new look at an old way of doing something then we did just that. Every suggestion was to be considered equally and no idea was considered to be stupid or silly. This approach helped to establish a partnership in our quest for quality that gave everyone an equal voice. We continue to meet informally to assess the ongoing benefit of our programs,