Dear Administrator,

As an administrator of an assisted living facility, we know you are always looking for ways to improve the lives of your residents. Thanks to a grant from the National Institutes of Health, we are pleased to offer you an opportunity to do just that, and at no cost to your facility. The University of Maryland School of Nursing invites you to participate in a year-long project that will help teach your staff how to integrate physical activity into the everyday lives of your residents.

Our previous research has shown that this approach improved the physical abilities of residents, decreased hospital admissions and falls, and this was accomplished without increasing staffing numbers or time. We have helped facilities achieve these outcomes by working with them to provide a philosophy of care called “Function Focused Care.” This project is designed to teach you, your staff, your residents, and their families about function focused care, and provide the tools you need to incorporate this effective philosophy into *routine care* at your facility.

We invite you to work with us to make this change in care a possibility. All of the resources provided will be free of charge. All sites will be provided with education and access to two-minute video coaching sessions that focus on helping staff members manage challenging behaviors while optimizing residents’ function and physical activity during routine care activities (e.g., bathing, dressing, and walking to the dining room). We may also ask you to identify a small stakeholder team that includes a champion from your facility who will work with a Function Focused Care Nurse to lead this endeavor. The Function Focused Care Nurse will meet with the team for an initial informational and brainstorming session and then meet with the champion and team monthly for 12 months to integrate this philosophy of care into your setting. Our research staff will randomly recruit approximately 10 residents from your setting to evaluate the impact of the implementation approach. All recruitment activities and data collection will be done by the research staff.

Please contact Steven Fix (sfix@umaryland.edu) or Barbara Resnick (Resnick@umaryland.edu) or call 410-706-5178 if you are interested in participating or for more information. Thank you for your consideration. We look forward to hearing from you.

Sincerely,

Barbara Resnick, PhD, CRNP