

# Module 6: Keep It Going...

Now that you have worked your way through this toolkit, you should have a solid understanding of the philosophy of function focused care; be familiar with ways to incorporate FFC into daily life at your facility; and have learned a variety of ways to teach this philosophy to staff, residents and their families.

The next step is to keep it going. Don't stop here! Continue to train new staff and residents, and remind current staff about ways to consistently integrate FFC into daily life.

This module includes a few tidbits to help you do just that. Also take a moment to read a piece written by Dr. Barbara Resnick, PhD, CRNP, which discusses her experiences with a family member in an acute care unit, and includes implications of bedrest and inactivity.

Finally, there is a brief exercise program with simple exercises to teach residents and keep them moving!

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## Spring Cleaning and FFC Rounds

No matter the season, most people can benefit from an occasional “spring cleaning.” We encourage you to review your site’s approach to resident care, toss out old habits that aren’t working to keep residents as independent as possible, and renew your resolve to incorporate function focused care into your facility’s philosophy.

First, **identify ineffective strategies, outdated goals and old habits**. For example, does staff still try to save time at meal times by wheeling residents to the dining room instead of allowing them to self-propel or even walk on their own? Does fear of having a resident fall keep staff members from encouraging physical activity? Do some of your residents have the same goals as they did the day they arrived at your facility?

Next, update strategies, goals and begin to form new habits using the **function focused care philosophy**: help residents optimize their function and health to live as independently as possible.

By now, we know you understand this philosophy. We also realize that implementing it is an ongoing challenge. That’s why, as you come to the end of this toolkit, we’d like you to do “Function Focused Care Rounds.” This involves gathering some staff members to reevaluate some of your residents, and help identify ways to incorporate function focused care into their daily routine. Work together to set new goals for these residents, and follow up on their progress during the coming months. Not only will residents benefit from this exercise, but staff members who are still learning how to integrate function focused care into their practice should find it helpful as well.

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## Team Champions Can Be Cheerleaders for FFC

One important way to keep the FFC initiative going strong at your site is to identify who your **TEAM CHAMPIONS** are. Which members of your staff (choose a few) do you feel best understand the philosophy of FFC, are well-respected by their peers, and can serve as a leader at your site?

Your team champions will help train new staff, encourage formation of new habits that integrate function focused care, and help educate residents and family members about FFC. Your facility probably has at least a few caregivers who can fill this role. Once you identify them, speak to them about this leadership opportunity, and pass along the information share in this toolkit.

The more caregivers and other staff members you have on board, the better chance that you will successfully integrate function focused care into your site.

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## Rewards Can Help Keep Residents Moving!

A common challenge that you may face is getting the residents to actively participate, and then maintaining that participation on a consistent basis. (Those of us who have ever made a New Year's resolution can relate to this!)

One important way to keep the residents coming to these new activities is to reward and acknowledge them. You may consider starting a "Gifts of the Heart Program" at your facility.

First, find a little glass case or other type of box/cabinet/storage area you have available and fill it with gifts for residents (you know the types of things your residents like!). These gifts can be purchased or donated by family and friends. Things like lipstick, soaps, lotions, games, playing cards, and greeting cards are some simple ideas to help get you started.

Every time someone attends an exercise class, walks for a certain amount of time, or uses the weights while waiting for dinner (you choose the activities to reward), they earn a token or paper ticket. Once 5 or 10 of these are earned, they can select a gift of the heart for their hard work!

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# Engaging New Residents and Their Families

Here are a few quick tips on engaging new residents and their families:

- When new residents arrive is the perfect time to evaluate their underlying physical ability using the brief assessment form included in Module 1 of this toolkit (capability test). Then you can **set their goals from the start before bad habits start!**
  - Trick of the trade regarding setting goals: Ask family members to make a list of the resident's **favorite things** and use these as rewards for going for a walk or participating in an exercise class.
  - Educate families about function focused care, and how they can help encourage it during their visits with residents.
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