



Background

Create Circles Organization, Owensboro, KY

Create Circles is a non-profit dedicated to helping older adults in long-term care rediscover purpose. They pair residents with trained student volunteers to work on goal-oriented projects together. Projects establish support, purpose, companionship, and self-sustainability for the older adult.

Going forward, Create Circles also hopes to train staff at nursing home facilities on how to best support residents with cognitive decay, loneliness, and loss of purpose. A pilot version of their training was highly successful.

Population

Older adults living in long-term care facilities.

Learning Objectives

- Understand how a non-profit engages with the community to create change.
- Create a grant proposal on behalf of Create Circles.
- Generate a design to increase the impact of the organization on older adults.

AMP Training Report



Loneliness triggers a **rapid decline** in older adults in long-term care. It disrupts health by increasing the risk for cardiovascular disease, depression, dementia, weight loss, infection, and even death. In our training, we **taught 13 AMP Member Advocates** concrete **tools and techniques** to help residents fight **loneliness, a lack of purpose, and loss of identity**.

Question Asked Before and After Training	Increase in Score
I feel confident talking to any resident, regardless of their condition.	↑ 29.5%
I feel like I can relate with any resident.	↑ 31.3%
I feel like I can make any resident smile.	↑ 15.5%
I feel like I can make any resident laugh.	↑ 31.3%
I feel like I can help any resident have something to look forward to in their life.	↑ 19.0%
I feel like I can have a meaningful connection with any resident that I work with.	↑ 19.0%
I feel like I can help any resident feel significantly less lonely.	↑ 16.7%
I feel like I can help any resident feel healthier.	↑ 3.7%
I feel like I can help create a sense of purpose in residents.	↑ 21.2%
I feel like I can help stop residents from decaying cognitively.	↑ 24.0%
I feel like I know the best strategies on how to communicate with the residents.	↑ 40.8%
I believe that my role as a Member Advocate is an important way to help improve the lives of residents.	↑ 17.7%

Figure 2. Quantitative success of Create Circle’s pilot training for nursing home staff based on pre-training and post-training surveys. The CMP grant proposal sought funding to provide this training to more facilities.

Deliverables

1. An original game titled “Story Swap: A Game that Evokes Memories” for volunteers and families to play with older adult residents.
2. 18 page grant proposal on behalf of Create Circles for funding from the Ohio Civil Money Penalties (CMP) Fund. If accepted, the grant will allow Create Circles to recruit and provide training to 33 long-term care facilities over 3 years.

Activities

- Read “Storyworth” by Matthew Dicks and “A Million Miles in a Thousand Years” by Donald Miller as a basis to develop the game
- Developed a game for residents and volunteers that accounts for cognitive needs of older adults
- Designed a presentable version of the game with instructions and printouts
- Contacted aging organizations of Ohio in search of funding opportunities
- Wrote a grant proposal to CMP Ohio seeking funding for Create Circles’ training initiative

Lessons Learned

- Different populations, such as the older adult population, have different needs that must be taken into account when trying to create positive change.
- When writing a grant, you must be able to support statements with direct, concrete evidence.
- Organizations must create well-developed plans for an intervention before it can begin to be implemented.
- A pilot version of an intervention is a good way to measure potential benefits.

Public Health Implications

- Alleviates the burden of social isolation for older adults in long term care.
- Bolsters older adults' sense of purpose and gives them an avenue to reflect on past accomplishments, the present moment, and future goals.
- Staff at long-term care facilities will feel more confident and equipped to help older adults through loneliness, cognitive decay, and loss of purpose.

“I enjoyed the training so much that I couldn’t stop talking about it to everyone! The content was wonderful... my visits the next day were radically different because I approached my residents with all the strategies in mind that I learned. Thank you for energizing me and giving me great new tools to connect with my members in a more meaningful way.”

- Nursing Home Staff Member that attended pilot training

Acknowledgements

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STORY SWAP MULTIPLAYER VERSION

a game that evokes memories

What's Included
Adjective Cards
Subject Cards

Starting the Game

- Make a pile of adjective cards and a pile of subject cards.
- Deal each player 3 subject cards that they lay face up
- Choose a player to be the first judge

How to Play

1. The judge picks an adjective card from the top of the pile and puts it face up in the center
2. All players select 1 of their subject cards that they can share a story about in relation to the adjective card and put it face up in the center
(The story must pertain to the subject and adjective together)
4. Players take turns sharing their stories and the judge chooses a winner that they felt had the best story

The winner of the round keeps the adjective card
7. Discard the used subject cards and deal each player a new one
8. The role of the judge passes to the player on the left.
****** Repeat steps 1-8 ******

Whoever collects the most adjective cards wins

Figure 1. Deliverable 1: “Story Swap” game created for volunteers and families to play with long-term care facility residents.