



## **Benefits and Requirements for Participation in a LiveWell Virtual Learning Collaborative**

LiveWell is about bringing dignity to residents, to staff, to families, and to the broader community surrounding every long-term care community. We do that by making our values of empowerment and safety come alive in the day to day work within a community. We are also building acceptance for Elderhood itself – a unique stage of life as valuable as childhood and adulthood.

The LiveWell Method is a training and coaching program that brings these values to life. The LiveWell Method is Oregon's Quality Assurance and Performance Improvement Method for long term care facilities.

Benefits of participating in a virtual LiveWell learning collaborative

- Learn best practices for safety and wellbeing of staff and residents
- Learn, practice, and use top tools to improve the quality of care and the quality of life for both staff and residents
- Build relationships with peers from four other communities
- In a facilitated learning environment, team taught by experienced trainers, via Zoom
- Prepares staff for upcoming quality measurement requirements
- Meets state requirements for training. CEUs and training credits provided.

Requirements

- Application
- Participation agreement
- Attendance over 12 weeks
  - a. Administrator must attend first session and the final session. In between, attendance is optional.
  - b. Administrator identifies their own LiveWell team\* consisting of 3-5 staff who will attend 11 weekly sessions.
  - c. All members of this team must be present for each session.
  - d. Each training session is up to 1.5 hours, takes place via Zoom, time of day to be determined by the coaches and the participants. Each participant must have the Zoom app on their phone or on a computer.
- Administrator meets weekly with their community's LiveWell team to ensure that they are on track.
- Community shows progress using LiveWell tools.

\*The LiveWell team selected by the Administrator usually consists of 3-5 people per community. Team members are often informal leaders. They can come from any part of

the building, such as housekeeping, kitchen, and caregiving staff. They need to be people who are respected by their teammates and loved by residents, because these people will have the passion and excitement to bring about change.

The Administrator plays a central role. They must be a champion for their LiveWell team. Although we don't require the administrator to attend all the training events, the administrator must be a cheerleader and supporter of the team that is implementing LiveWell. The trainer/coaches will offer guidance and support to administrators on how to be a champion. *If the administrator is not fully on board, the LiveWell Method will not work,*

The learning collaboratives are team taught by trainer coaches with deep experience in the field and who have lead communities through the LiveWell Method over the past year. They include: Ann Delmar, Cindy Heilman, and Lisa McKerlick. More info at [www.livewell-oregon.com](http://www.livewell-oregon.com)

#### Upcoming LiveWell Virtual Learning Collaboratives

Cohort	Start	End	Notes
Cohort 1, 8 communities	Aug. 3, 2020	Oct. 27, 2020	
Cohort 2, 12 communities	Nov. 10, 2020	Feb. 2, 2021	No meeting 12/29
Cohort 3, 16 communities	Mar. 2, 2021	May 25, 2021	

Future cohorts may be offered depending on funding.