

IMPROVING THE QUALITY OF LIFE, ENGAGEMENT LEVELS, AND HAPPINESS OF RESIDENTS

CASE STUDY



OASIS PAVILION NURSING AND REHABILITATION

Oasis Pavilion Nursing and Rehabilitation is a premier nursing home located in Casa Grande, Arizona, that offers both skilled nursing and long-term care. Oasis serves over 100 residents and has 134 beds certified by Medicare and Medicaid. Since 2010, Oasis has been providing compassionate and personalized care to residents to help them attain the highest level of functionality.

OASIS' GOALS

Like most nursing homes and senior living communities, Oasis had certain residents who did not attend group activities. These residents are frail, with either mobility challenges, mild cognitive disabilities, or an overall disinterest in attending community activities. Recognizing this was an issue, Oasis' staff performed an increased number of one-on-one room visits to ensure socialization.

However, Oasis needed a long term solution that wouldn't overburden its staff and raise expenses. Oasis hoped to find an innovative program that would help increase resident engagement and improve their quality of life. This would also improve staff efficiencies by reducing the number of one-on-one room visits, exponentially saving costs and resources. Oasis wanted to create a thriving community environment where all residents—regardless of their abilities—felt connected, comfortable, motivated, and socially engaged. They did this all through partnering with televēda.

TELEVĒDA'S SOLUTION

Oasis piloted televēda's Empowered Living program to meet these goals, conducting classes every Saturday to complement Oasis' staffing needs.

In less than four classes, participation in Empowered Living grew to over 40 residents per class. Empowered Living's use of accessible technology, music, brain games, physical therapy-based movements (disguised as dance), and an energetic atmosphere drew even the most reluctant residents out of their rooms. televēda's simple streaming platform also makes it possible for individuals to virtually join classes and interact with their peers through video.

Resident recreational attendance increased by **900%**

One resident with late stage Parkinson's disease stood up from his wheelchair and started dancing to the music, much to the surprise of the staff.

Another resident with visual impairment—who historically did not communicate with anyone—started singing along during a class.

SUCCESS

Empowered Living increased resident activity attendance, participation, and duration of resident engagement, helping Oasis improve staff efficiency by reducing one-on-one room visits.

Oasis staff found that residents who participated in the Empowered Living program demonstrated improved functionality in the dining room and in their activities of daily living. One Oasis resident who had not been able to wheel herself due to arthritis is now able to wheel herself independently.

OASIS RESIDENTS' FAVORITE BENEFITS



Motivated to exercise



Inspired by instructors



Increased feelings of adequacy



Filled with an "I can do this!" attitude

RESULTS

Staff reported that the Empowered Living members have formed a strong community outside of the class. Residents have forged new friendships, they have meals together in the dining hall, and during the Holidays, they group together in the lobby area and often start a dance party.

- 1. Increased physical functionality**
- 2. Raised moods**
- 3. Boosted energy**
- 4. Higher quality relationships between residents, and with the staff**



OUTCOME

televēda implemented the Empowered Living program at Oasis on an annual basis starting January 2019. It didn't take long for the staff, residents, and families to realize the benefits to the program, and the operational efficiencies and cost savings that televēda provides. Today, Oasis and televēda work as partners, looking after 40+ class sizes weekly as they engage and support residents physically, mentally, and socially.