

PEAK



2.0

APRIL 2021

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This newsletter is brought to you by the Kansas State University Center on Aging through a grant from the Kansas Department for Aging and Disability Services.

Note From Laci

I am writing this note at the end of my kid's spring break from school. We are grateful that they had the opportunity to have one. Spring makes me think of new life, which I have decided will be the mantra of our PEAK 2.0 work this year. After a full year of responding to the pandemic, it is time to spring person-centered care back to life. If you are familiar with the burning of Kansas prairie grass, draw on that as a metaphor. The pandemic affected some of our person-centered care practices and so they are kind of like the burned prairie grasses, but after the burn, brilliant green grass starts to spring up. Our practices are ready to spring up like the green grass, then take off, and grow again.

As you begin fostering the green grass to grow again, remember some of the great resources that can help. We encourage you to start by using the Core Area Audit tools to assess cores you have previously passed in PEAK. This will help your teams identify what is still in place and what is no longer in place that will need to be brought back to life. This intentionality will help avoid the "weeds" from stamping out the practices you want to make sure come back after the pandemic.

We could not be more excited to actively engage with you again on your person-centered care journey.



*Laci Cornelison, PEAK 2.0
Program Coordinator*

~ Laci Cornelison and the PEAK Team



PEAK 2.0 Resumes Full Expectations

As vaccines are becoming more widely available, hope is spreading and COVID-19's voice is softer. I do not know about you, but this makes me happy dance! PEAK 2.0 will resume to full operation and expectations for the 2021-22 PEAK year. In plain language, that means that all pre-COVID activities, operations, and expectations will resume. Any in-person or on-site activities will be assessed when they are scheduled to occur to determine the best method of delivery. There may continue to be some virtual trainings or evaluations depending on the circumstances at the time. We will communicate that as the year progresses.

With that in mind, there are some activities occurring right now to ready your home to receive your 2021-22 PEAK incentive and activities. Some of these are optional and some are required. The status update letter you received via email lays out your home's specific next steps. The following summary will also give you a run down.

PEAK 2.0 Resumes Full Expectations (cont'd)

Action Plan Deadline & Next Steps

Foundation, Level 1 and Level 2 Homes

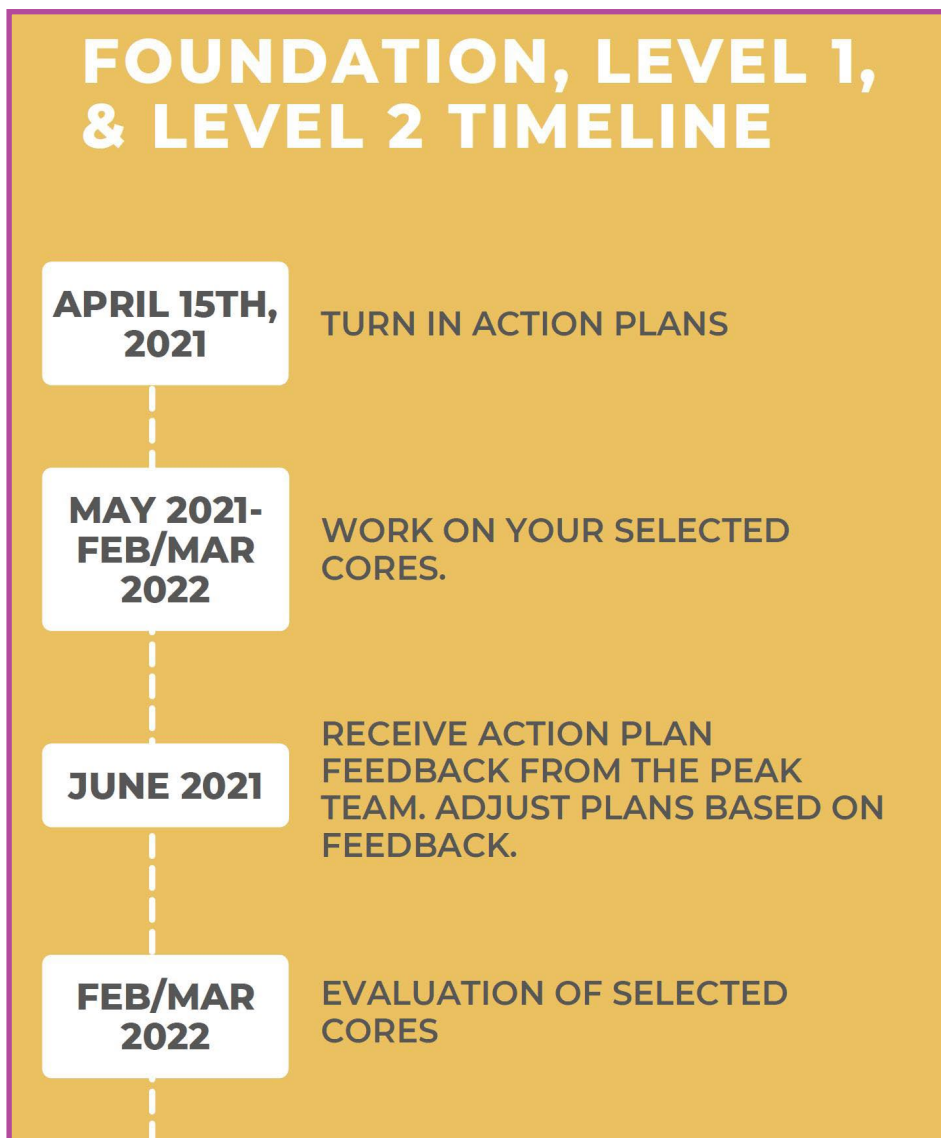
We just completed virtual, one-on-one Action Plan Coaching sessions. Jackie Sump, Judy Miller, and I were able to meet with your teams over Zoom to lead you through action planning one whole PEAK core as a team. We hope this was helpful in getting started on completing your action plan for the 2021-22 year. Remember if you are a Foundation, Level 1 or Level 2 home, your full action plan is due April 15, 2021. Action plans should be turned in by email to ksucoa@gmail.com.

Once your action plan is turned in, begin following the plan you laid out in the action plan. Sounds obvious, but you may be wondering if the PEAK team or KDADS needs to approve the plan before you start your work. The answer is no! Start right away. The PEAK team will review your plan. Our goal in the review process is to identify any actions that may not lead you to success. If we discover any of those red flags, we will identify that in our feedback. Our other goal in reviewing the action plan is to make suggestions on best practices to help your team. We will also include these suggestions in our feedback. You will receive our written feedback the first week of June.

At that point, we encourage (meaning it is optional) your team to revisit your action plan and incorporate our feedback into your next steps. You may rewrite portions of your action plan (no need to resubmit it to us). The action

plan is a working document and will change all throughout the year. Use it as a tool to aid the implementation of the cores you are working on.

Current Foundation homes (you will move to level 1 in July), Level 1 and Level 2 homes will use the rest of the year to implement practices in the cores you selected to address and action plan. Your work will be evaluated based on the KDADS criteria for the cores you selected in February and March of 2022. There will be an opportunity in the fall to participate in Round Tables with Mentor homes to aid in your work. We are always excited to help your teams with questions or ideas along the way.



PEAK 2.0 Resumes Full Expectations (cont'd)

Level 3, 4 and 5 Homes

As the new PEAK year begins, your PEAK 2.0 roles will include sustaining your PCC practices and mentoring other homes. We will be reaching out to you about opportunities to mentor other PEAK homes. To track your mentoring activities, be sure to start saving them on the mentor point's log. Any level 3, 4, or 5 home is eligible to mentor unless you have recently moved down a level (did not meet the 90% threshold on a full evaluation).

Just like all homes in the program, COVID-19 has affected all of our practices. It is always good to have an intentional strategy to sustain PCC practices, but it is even more essential this year. Use the Core Area Audits to assess all your practices and identify any practices that regressed and need attention this year. Use us as a resource! We are always excited to help.

Pioneer Network Virtual Conferences

Pioneer Network is a national organization focused on person-centered care in aging services. In lieu of an in-person conference this summer, they are offering four virtual mini sessions. Pioneer Network offers great content on person-centered care so we encourage you to check out this more financially accessible option! The first one was in March, but there are more to come. Check out the events page to when the next sessions will be held.

Pioneer Network also has some other great Webinars and Podcasts on PCC topics. The last podcast was on incontinence from a PCC context. It is rare to find clinical content in a PCC context so what a resource! I find it helpful to sign up for their email blasts to keep up with what is available.

