



Discovery Series and Social Distancing

Tips & Recommendations for Effective Delivery

The goal of HealthPRO Heritage's monthly educational program, *The Discovery Series*, is to facilitate patients/residents staying healthier, more active, and confident in their ability to enjoy and engage in life, regardless of their challenges or abilities. As we are all aware, everything changes when we are presented with a pandemic situation. Most things have to be done in different, and in some situations, not so ordinary ways.

This resource will provide you some great tips and recommendations for effectively delivering *Discovery Series* events during periods of social distancing and confinement, so that we may ultimately continue to educate our patients/residents on how to live their best lives! This is our opportunity to reach out to our residents during this time to allow them to know we are here to support them while maintaining our relationships and proactively meeting all their needs.

Suggestions for Delivery:

- **Closed Circuit Television**
 - Depending on the community, closed circuit TV may be a good option for you. Some communities have TVs all over the building in common areas, etc. and/or a common channel that residents may view from their rooms/apartments. This may be an ideal way to display a Discovery Series PowerPoint or recorded presentation.
 - PDF versions of handouts can be uploaded to the close circuit TV for viewing
 - Other communities may have the capability of running the entire power point with voice over,

- **Recorded Discovery Series Webinars**
 - Clinical Strategies has already recorded several Discovery Series presentations for you. All you need to do is play for your patients/residents.
 - These recorded webinars are located on Box under the Discovery Series Folder>Discovery Series Recordings. You can access them [here](#).
 - The following webinars have been recorded:
 - Infection Control: The Best Defense Against Germs
 - Hydration and YOU!
 - Brain Fitness
 - Laughter is the Best Medicine
 - If there are any existing Discovery Series topics that you would like recorded that are not listed above, please reach out to Clinical Strategies!

- **Provide Box Link for Patients/Residents**
 - By providing the Box link, patients/residents may access a recorded Discovery Series presentation and watch on his/her own time. This will only apply to those who have access to a smart device.
 - The link for the specific Discovery Series can also be e-mailed to specific residents

- **Phone Tree Messaging**
 - Phone tree messaging is an option where messages are played to residents over the phone. This will depend on availability of this delivery system in your community, but is an option to communicate to patients/residents especially in regards to education.
- **Community Intercom System**
 - If your community has an intercom system, you may deliver your Discovery Series message (shortened) using this option. If residents do not have speakers for the intercom in their rooms/apartments, they may sit in their doorways, practicing effective social distancing from one another, to listen to your message.
- **One-On-One Education**
 - You may use Discovery Series or Health Literacy options during one-on-one therapy sessions with patients/residents. You may need to tailor or shorten presentations based on specific-patient/resident needs.
- **Dispersing Handouts/Resources**
 - If your community creates a newsletter, you could write a rehab column or excerpt regarding good, need-to-know information in regards to wellness. You could provide handouts/resources in patient/resident packets that go out daily, or you could simply print handouts/resources and distribute as you wish.

Tips for Success:

- Patients/residents/family members who are provided with the link to watch a recorded presentation may need assistance with locating and navigating on different smart devices.
- Do not feel you have to cover every, single slide or bullet point. Just simply select which slides/points are needed to effectively educate the patient/resident about the topic.
- You may still provide corresponding handouts to further relay the message of the topic.
- Continue to use established marketing processes for communicating the alternative strategies for Discovery Series Programs (i.e. Close Circuit TV vs Live sessions)
- Be sure to follow up with any participants who expressed a concern or who the Program Manager/clinicians thought services might be beneficial.
- You may also access the [Keeping Healthy, Happy & Wise Resource](#), which provides tips, and strategies for helping patients/residents maintain their overall health and wellbeing (mentally, emotionally, and physically). There are a variety of resident handouts designed to keep them engaged in wellness options during this time.
- Let's be creative and problem solve together! Please reach out to your VP of Clinical Strategies to assist with concerns or questions you may have!
 - clinical-strategies@healthpro-heritage.com