

CIVIL MONEY PENALTY (CMP) FUNDED PROJECT

FINAL REPORT

Grantee

**Miravida Living Campus
225 North Eagle Street
Oshkosh, WI 54902**

**Project Title Cycling Without Age
Final Report**

Award Amount

\$67,372

Grant Period

December 1, 2016-November 30, 2017

Additional Information and Resources

**CWA Program Manual
Quantitative and Qualitative Study
Cycling Without Age Video**



**Department of Health Services / Division of Quality Assurance
Quality Assurance and Improvement Committee**

This project report has been prepared by the author under a research grant from the Department of Health Services (DHS) Quality Assurance and Improvement Committee. The views expressed in the report/training are personal to the author and do not necessarily reflect the view of the Department of Health Services or any of its staff and do not bind the Department in any manner.

F-01593 (08/2015)

GRANT AGREEMENT

This grant agreement is entered into for the period of December 1, 2016 through November 30, 2017, by and between the State of Wisconsin represented by its Department of Health Services on behalf of the Division of Quality Assurance (DQA), whose principal address is 1 West Wilson Street, Room 450, Madison, Wisconsin 53703, hereinafter referred to as GRANTOR, and Lutheran Homes of Oshkosh, Inc. whose principal business address is 225 North Eagle Street, Oshkosh, Wisconsin 54902-4125, hereinafter referred to as GRANTEE.

FINAL REPORT Cycling Without Age

I. Program Goals: To enhance the lives of persons living in skilled nursing centers by fully implementing the Cycling Without Age program, conducting quantitative and qualitative research measuring outcomes of the program, and creating capacity to support the development of Cycling Without Age programs in skilled nursing centers across the State of Wisconsin.

A. Fully Implementing the Cycling Without Age Program

Recruited and hired Program Coordinator to oversee Cycling Without Age program, expanded program offerings, and served as an expert resource for communities considering implementation of the program.

Successfully recruited and trained new pilots. There are a total of 168 pilots in our data base including 30 pilots who are very active with the program. The pilot count does not include employees. There are a number of employees who participated in the training and regularly provide rickshaw rides.

In 2017, there were a total of 378 (documented) individual rickshaw rides provided by 57 volunteers. These numbers do not include group rides and the dozens of rides provided by volunteers who drop by unannounced. As their schedules permit, employees also provide rides. Rickshaws are on the road, weather permitting, Monday through Friday and occasionally, on the weekends.

B. Research and Measure Quantitative and Qualitative Outcomes of the Program

Subcontracted with the University of Wisconsin Oshkosh, College of Nursing (UWO-CON) to conduct quantitative and qualitative research on outcomes of the Cycling Without Age program which is complete. Research confirmed the positive impact of the program on nursing home residents, pilots and staff. The final research report is provided separately.

C. Promote Replication of Cycling Without Age in Other Wisconsin Nursing Homes

To maintain the momentum of the Cycling Without Age program, staff members allocated time to provide consultation on the implementation of the program.

- Shared Cycling Without Age information including start up strategies, volunteer training processes and sample waivers with the following nursing centers:
 - Schmitt Woodland Hills – Richland Center
 - Onalaska Care Center – Onalaska
 - Rennes Group – Peshtigo
 - Washington County Assisted Living
 - Valley VNA – Neenah
 - Omro Care Center – Omro
 - Rock County Wisconsin
 - Shorehaven – Oconomowoc
 - Grace Lutheran – Eau Claire
 - Capital Lakes Retirement – Madison
 - Wisconsin Bike Federation - Stevens Point
 - Brillion Nature Center - Brillion
 - Capitol Lakes Retirement – Madison

Miravida Living is listed on the International Cycling Without Age website as ambassador and the first and largest chapter in the United States.

Met with Ole Kassow and Kelly Talcott from International Cycling Without Age and discussed the possibility of working with them on the statewide implementation of the program in Wisconsin. Committed to providing an equipped office pro bono to support this initiative.

II. Scope of Work

A. Recruit and hire CWA leader. Complete.

B. Purchase a transport trailer. Complete.

C. Create informational handouts and video regarding CWA. Handouts will be made available as needed. Complete.

D. Provide quantitative and qualitative research of the program. Results will be available for posting on Grantor's website and promulgated through submission of abstracts and articles to peer reviewed journals. Complete/ongoing.

E. Share CWA expertise. Complete/ongoing.

III. Deliverables

A. Improving the quality of life/well-being for participating residents. Complete/ongoing.

B. Reducing challenging behaviors among residents. While many factors contribute to the reduction of challenging behaviors, a review of the CASPER reports indicates challenging behaviors at Bethel Home average 14.13% compared to 24.44% for the state and 23.25% for the nation.

C. Reducing the use of anti-psychotic medicines among participating residents. While many factors contribute to the reduction of anti-psychotic medicines, a review of the CASPER reports indicates Bethel Home anti-psychotic use averages 10.08% compared to 13.89% for the state and 17.86% for the nation.

D. Create positive experiences for volunteers. Complete/ongoing.

E. Increasing a sense of community among family members who visit loved ones in the nursing home. Rickshaw rides have included spouses, parents and their children, grandparents and grandchildren ... with excitement and smiles all around. One of our favorite stories is when a wife carefully reapplied her lipstick and got into the rickshaw with her husband. She and her husband held hands the entire ride. And, of course, the ride ended with a kiss.

F. Increasing awareness of dementia and attitudes toward people with dementia among the larger community through the state-wide celebration of stories. Shifting the assumptions held by many about the limitations of people living with dementia to the possibilities for them to enjoy moments of meaning, connection and joy is fundamental to our work and an element of storytelling in every setting.

IV. Reporting

A. Progress reports describing the status of the scope of work will be due to the DQA Grant Administrator no more than 30 days after completion of each quarter of the grant. Complete.

B. A final report, due to the DQA Grant Administrator no more than 60 days after the termination of the agreement, will summarize the findings of program research. Complete with the submission of this report.

Cycling Without Age – Observations

Elders participating in CWA thoroughly enjoy the opportunities to be outside, spending time with the volunteer pilots and particularly, delight in sharing stories. There is a competition of sorts between

residents about the number of rides they have been on. The banter continues with one of Bethel Home residents cherishing the bragging rights of being on 40 rides.

Group rides have encouraged relationships between the volunteers. On one group ride, a rickshaw tipped over slightly injuring the rider and volunteer. (Both are fine.) The outpouring of concern for the resident and volunteer by the other volunteers was heartfelt.

Some group rides are piloted by teams from local businesses and corporations. One day this past fall, home care nurses from ThedaCare provided 60 rides for Miravida Living elders.

The imagery of elders enjoying themselves and the relatable nature of the experience of being outside on a bicycle (in this case, in a rickshaw) have contributed to the momentum of program adoption by elder care providers.

Finally, it has been exciting to support the early adoption of Cycling Without Age and know our work positively influences the lives of people living in nursing homes. We look forward to seeing the momentum of our efforts support the success of the US Cycling Without Age initiative/partnership with DQA.