

Providing Choice to Nursing Home Residents: A Quality of Life Intervention

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This proposal's primary objective is to test *strategies* that nursing homes (NHs) can use to increase how often choice is provided to residents about important activities of daily living. Providing choice to residents is a key principle that underlies resident-centered care. Additionally, federal regulatory guidelines require NH staff to offer choice and encourage resident self-determination. However, no interventions have been developed to help NHs train staff so as to assure that choice is offered. There also are no data about how quality of life or clinical outcomes might change if choice were consistently provided. In short, offering choice is a concept that enjoys widespread acceptance due to its obvious face validity and no perceived risk to residents but there is little information about how to best offer choice given the resource limitations in most NHs or what benefits may result if choice were consistently offered. This project will test an intervention to improve resident choices in a controlled trial that documents the effects of this intervention on quality of life outcomes including: resident met needs, reduced expectations, depression, and validated quality of life scales that measure privacy, dignity, relationships, and individuality.