



## What Can I Do Next?

### **Here are some things you can do with what you have just learned:**

1. Share what you have learned with others. One way is to talk to your family and friends about what you have learned. Help break down the often-held belief that there is nothing we can do to change the long-term care system.
2. Visit nursing homes in your community to get a sense of whether they are practicing person-directed care. Use the “Key Questions to Ask Staff in Nursing Homes to Find Out If They Provide Person-Directed Care” found in “A Guide to Better Care Options for an Aging America.” If a nursing home is unfamiliar with culture change, you might share the “What is Culture Change” document in your folder with them.
3. Talk to your family about your wishes related to housing and assistance. Fill out the form “My Personal Directions for Quality Living,” found in your folder and on The National Consumer Voice for Quality Long-term Care website ([www.theconsumervoice.org](http://www.theconsumervoice.org)), and share it with your loved ones.
4. Host a meeting like this one. If you decide to do so, contact your State Coordinator, whose information is in your folder. Or, call Pioneer Network at 312-224-2574.
5. E-mail your friends and family the link to the “Advocating for a New Old Age” video that you saw during the meeting. It is available on the Pioneer Network website at [www.pioneernetwork.net/Consumers/](http://www.pioneernetwork.net/Consumers/)

6. Get together to participate in a meeting to discuss the “A Guide to Better Care Options for an Aging America” booklet that is in your folder.
7. Become a part of your state or local culture change coalition to help bring about change in long-term care settings in your area. Information about the coalition in your state is available in your folder. To find a coalition in another state, go to [www.pioneernetwork.net/Coalitions/Find](http://www.pioneernetwork.net/Coalitions/Find).
8. Determine if your state has a Citizens Advocacy Group (CAG) and consider learning more about it or possibly joining. Visit [www.theconsumervoice.org](http://www.theconsumervoice.org) to find a CAG in your state.
9. Get together again to discuss the contents of Beth Baker’s book “Old Age in a New Age: The Promise of Transformative Nursing Homes.” A copy of the reader’s guide is in your folder. You can use the reader’s guide for your discussion.
10. Consider joining the e-mail list of Pioneer Network so we can keep you informed of culture change news. You can share your email on the meeting evaluation, or go to [www.pioneernetwork.net](http://www.pioneernetwork.net) to sign up for email updates.
11. Check the Pioneer Network website ([www.pioneernetwork.net](http://www.pioneernetwork.net)) for additional information and upcoming consumer education opportunities.
12. Join Pioneer Network’s Facebook page.
13. Post the Pioneer Network website and video on your Facebook page or other social network.

**What does it mean to be an advocate?**

Being an advocate means speaking up about something you care about, whether it is for yourself or someone else.