



# Long-Term Care in the Age of AI **Resources for** *LeadingAge* PA

Alexandra Samuel

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# About this PDF

**This PDF contains the examples from my presentation and workshop at Leading Age Pennsylvania 2026.**

**To get the full set of how-to guides, resources and links subscribe at <https://alexandrasamuel.com/leadingage>**

# Prompt AI for help in a crisis

which models of Apple Watch have the best features for warning about cardio incidents?



Here's a practical, up-to-date look at **Apple Watch models with the best cardio-alert features** — not just step counting, but real heart-health signals you can act on:

## Top choices for heart health (ECG + rhythm alerts):

- **Apple Watch Series 11** — Most advanced health suite: ECG, *FDA-cleared irregular rhythm notifications*, and new hypertension trend notifications. Apple Support +1
- **Apple Watch Series 10** — Very similar to Series 11 for heart monitoring: ECG app + irregular rhythm alerts. Best Electronic Hub
- **Apple Watch Ultra 3** — Rugged and long battery life, with the same core heart sensors plus extras like fall detection and activity tracking. Apple

## Older but still useful models (ECG & rhythm):

- **Series 9 and earlier (Series 4–9)** all have ECG and irregular rhythm notifications. Empirical Health

## What to avoid if cardio alerts are your priority:

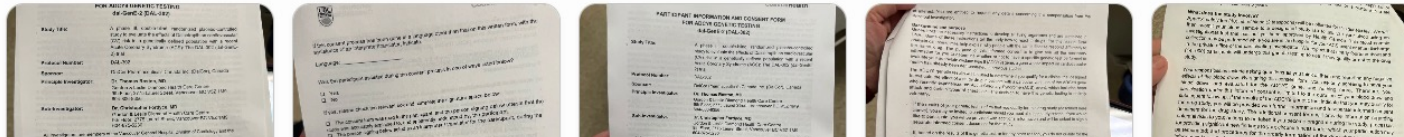
- **Apple Watch SE models (including SE 3)** don't have the **ECG sensor**, so they *cannot* generate that electrical heart trace — though they do give high/low heart-rate alerts. The Guardian

## What these do (and do not) offer:

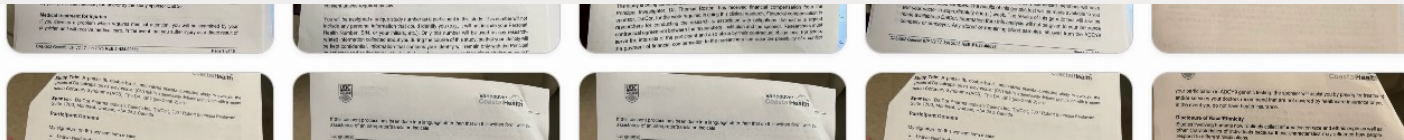
- They *do* track heart rate trends, flag irregular rhythms (which might signal AFib) and can prompt you to check with a clinician. Apple Support
- They **cannot diagnose** heart attacks or replace medical ECGs — they're cues to act, not definitive diagnostics. medicalnewstoday.com

For someone post-MI, having an ECG-capable Apple Watch means **you can capture rhythm data to share with your clinician quickly** if symptoms arise.

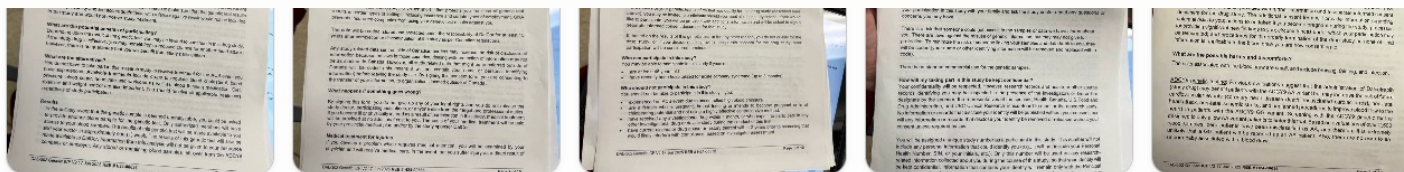
Sources



you are a medical assistant and geneticist. An 87-year-old who has just had a minor heart attack has been asked to participate in a drug trial. She does not yet need to commit to the drug trial, but should she have any concerns about having her blood drawn for genetic testing? Here's the consent form. What considerations should she consider?



**Privacy considerations worth noting:** Her genetic samples will be stored at a facility in Montreal for up to 5 years, and data may be transferred outside Canada where privacy protections differ. The form acknowledges genetic information could theoretically be linked back to her, and this risk may increase as technology advances. However, Canada's Genetic Non-discrimination Act protects against insurance and employment discrimination.



# Get your AI to ask the questions

Which pieces of my strategic plan are now clear, and what do I need to address next?

How is my big project going?  
What needs to change so we can deliver well and on-time?

What did I accomplish this week? How do these accomplishments support my higher-level priorities?

What did I learn this week? What do I want to learn next week?

Did I use my time effectively this week?



Examples from  
<https://alexlov.es/weekly>

## HOW TO RUN YOUR OWN WEEKLY ACCOUNTABILITY CHECK-IN WITH THE HELP OF A.I.

by Alexandra Samuel





# GRIT Protocol

- Begin with positive reinforcement that recognizes strengths, achievements, or progress
- Follow up with a constructive nudge or insight that highlights blind spots, potential risks, or areas for deeper exploration
- Frame the challenge as building on the strengths identified in the affirmation
- Avoid overloading with praise or critique
- Aim for 50/50 ratio of support to challenge

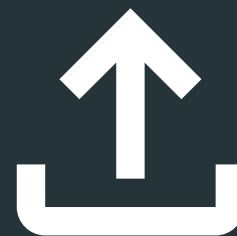
# How to walk & work

WITH CHATGPT



@lexandra samuel

<https://alexlov.es/walkgpt>



## Get ready to chat

If you need to reference a specific document, start a new chat and upload the document(s) you will be discussing before you leave the house. You can also pick a custom GPT you want to work with, and upload your docs there.





# PLATFORMS COVERED

**Claude**

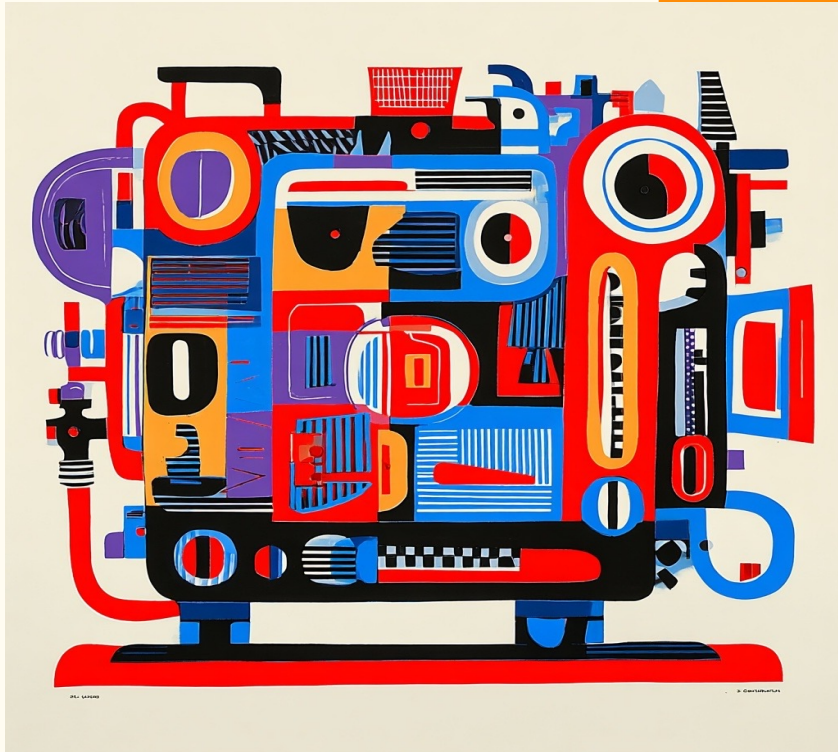
**ChatGPT**

**Perplexity**

**Microsoft Copilot**

**Midjourney.ai**

# LEARNING



# Prompt AI to tell you how it can help.

You are an expert on AI with a background in residential care for seniors. You have been asked to design a coaching program for the VP of operations of a mid-sized seniors community that includes both assisted and independent living.

The VP is OVERWHELMED and wants you to start by asking 3 questions that will help you figure out where AI can be immediately useful so learning to use AI isn't ONE MORE THING on her to-do list.

# AI Learning: Sample response

## 1. What tasks drain the most time

If she could wave a magic wand and make **three recurring tasks disappear**, which ones would she choose?

## 2. Where does she feel the most pressure to “keep up”

Which areas feel like they’re constantly changing or demanding attention?

## 3. What decisions does she make repeatedly

Which decisions show up every week—sometimes every day?

AI can help with **policy manual updates** in a way that *reduces your workload* instead of creating more of it. And importantly — this can be done **without feeding AI any sensitive resident information**. You stay in control; AI just does the heavy lifting.

Here's the simplest, safest way AI helps:

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## 1. Turn your rough notes into polished policy language

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You don't need to upload the policy or share sensitive content.

You can simply say:

“Rewrite this section to be clearer and more professional:  
Staff must report issues fast and follow the chain of command.”

AI turns that into clean, consistent policy language.

### **Why this helps:**

You stay focused on *what* needs to change, and AI handles the wording.

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## 10-day micro-lesson plan: drafting policies with AI (10–15 minutes a day)

Each day is one small, concrete action you can do with **generic, non-sensitive content**. The goal: turn “AI” from an abstract idea into a **practical writing partner** for policy work.

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### Day 1 – Stop starting from a blank page

- **Goal:** Let AI create a first draft of a simple policy.

- **Action (10 min):**

Pick a low-risk topic (e.g., “Dress code for non-clinical staff”).

Ask AI:

“Draft a clear, professional policy for a seniors community on: dress code expectations for non-clinical staff. Include purpose, scope, and responsibilities.”

- **Time saved:** You skip the blank-page struggle and jump straight to editing.

# Tell your AI tutor to make learning fun.

Hey that is pretty good but I want you to make it more fun so that I actually do it. I am really into Pokemon. Can you model this process on Pokemon training?

Absolutely — if Pokémon is your jam, then we're turning this into a **Policy Trainer Journey**. Think of this as your own region, your own starter, and your own gym-badge path... except instead of battling, you're leveling up your AI skills and evolving your policy-writing superpowers.

And yes — each day is still just **10–15 minutes** and saves you **15–30 minutes** of real work.

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## **Your Starter Pokémon: Policychu**

Policychu is adorable, determined, and a little chaotic — just like policy writing can feel. Your mission over the next 10 days is to train Policychu from a tiny spark into a fully evolved **Policyzard**, capable of blasting through policy work with ease.



## 🕒 Day 1 — “Hatch Your Starter”

**Goal:** Teach Policychu its first move: *Draft Attack*.

**Action:** Ask AI to draft a simple, generic policy (e.g., dress code).

**Skill Unlocked:** First Draft Generation

**Why it saves time:** No more blank-page paralysis.

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## ⚡ Day 2 — “Learn Thunder Tone”

**Goal:** Train Policychu to match your community’s voice.

**Action:** Ask AI to rewrite yesterday’s draft in a supportive, professional tone.

**Skill Unlocked:** Tone Shaping

**Why it saves time:** You skip multiple rounds of rewriting.

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## 📖 Day 3 — “Unlock the Policydex Template”

**Goal:** Create your standard policy structure (your Pokédex).

**Action:** Have AI build a reusable template with headings.

**Skill Unlocked:** Template Mastery

**Why it saves time:** Every future policy fits the same structure.

I am the activity director for an assisted-living facility. I speak basic Spanish but I don't have the vocabulary I need to talk with family members about issues like nutritional concerns or what to do after a fall. Can you come up with a plan where we do daily practice out loud, to build my vocab and fluency?

Try this 15-minute daily loop:

1. **3 minutes — core phrase drill**

Say 5–10 essential sentences aloud repeatedly.

Example themes:

- falls
- appetite/hydration
- medication
- confusion/pain
- scheduling updates

2. **5 minutes — roleplay**

I play a family member speaking Spanish. You respond out loud in Spanish. I correct gently and keep it realistic.

3. **3 minutes — vocabulary expansion**

Learn 5 “facility words” per day:

- walker
- bruise
- appetite
- dizziness
- bathroom assistance

I'm a licensed nursing home administrator. I keep hearing about quality metrics — Five-Star ratings, MDS measures, all that — and honestly, I nod along in meetings but I don't really understand them. I want to learn.

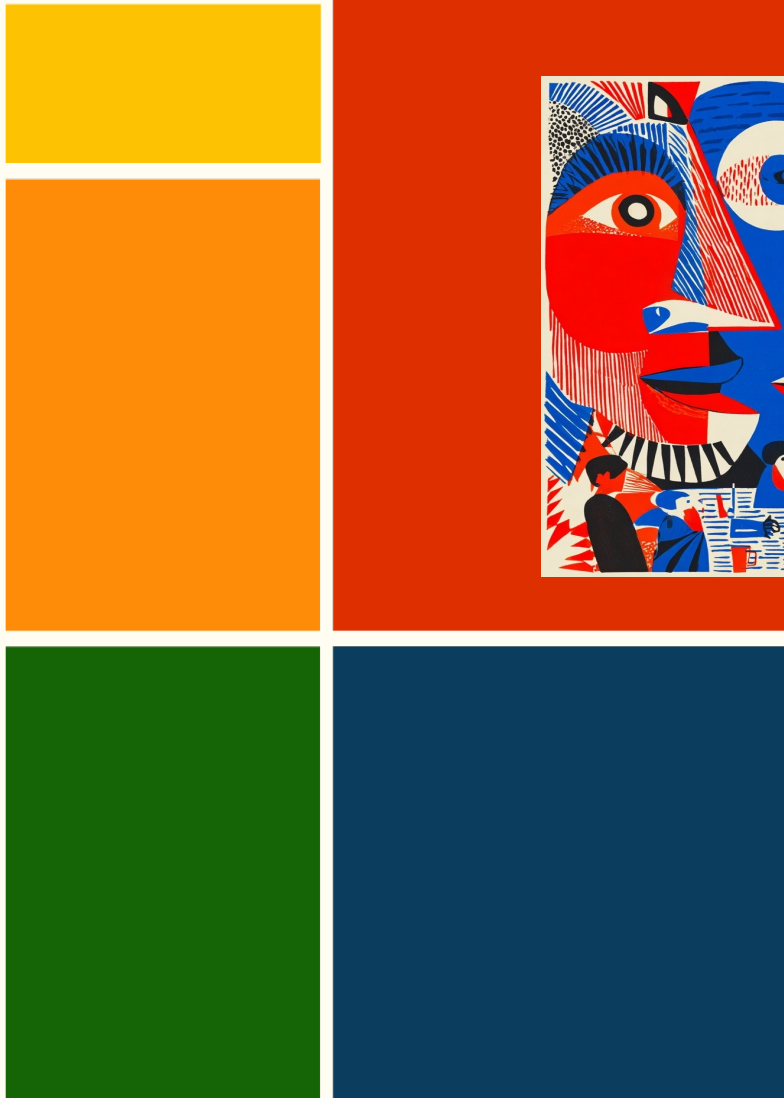
Can you help me? I'm not sure where to start or what questions to ask. Please walk me through this like a patient teacher who knows I'm a beginner. Pick a good starting point, explain things in plain language, check that I'm following before moving on, and let me know what I should learn next. If there's something I should be curious about or a question I should be asking, prompt me.

I learn best when someone shows me what good thinking looks like, not just gives me facts. Take the lead.

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# FEEDBACK

# THE WALL STREET JOURNAL.

## I Wanted a ‘Team of Rivals’ to Give Me Advice. So I Turned to AI.

By creating a group of virtual experts—each with a unique personality and specialty—I got more feedback than I ever could in real life

By *Alexandra Samuel* [Follow](#)

*Aug. 29, 2025 9:00 am ET*



<https://alexlov.es/rivals>

[AlexandraSamuel.com](https://alexandrasamuel.com)

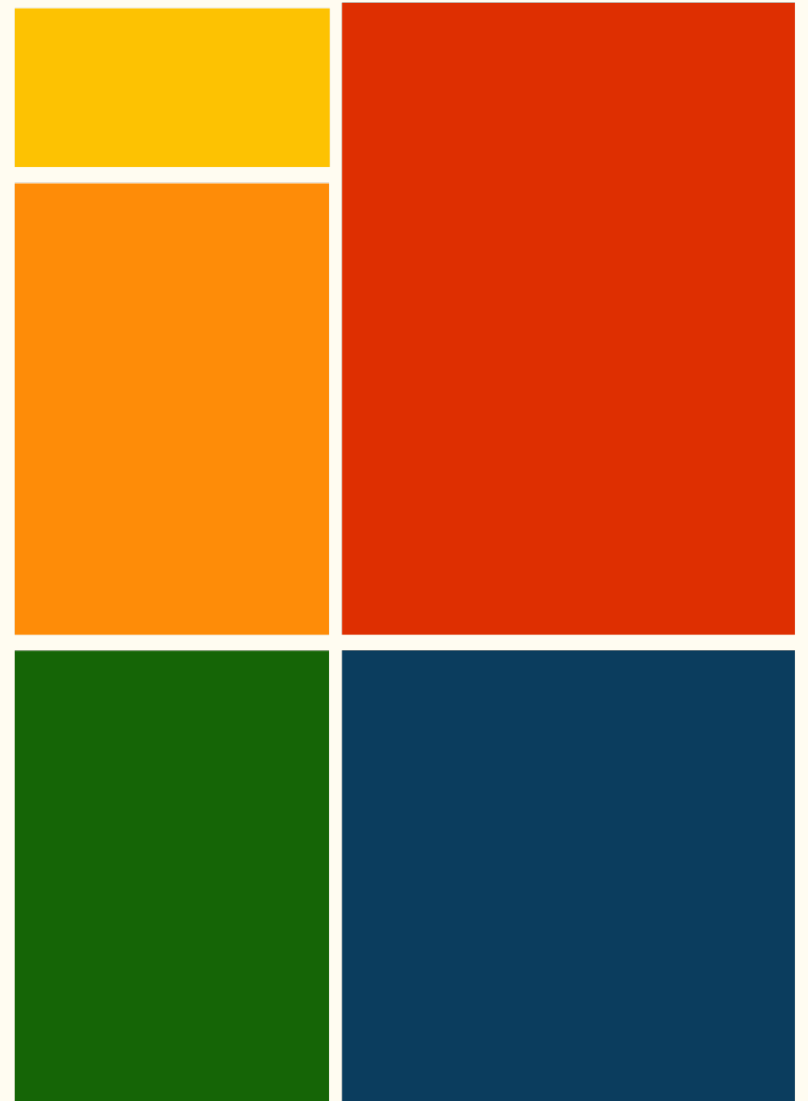
You are a strategic advisor, consultant and facilitator. You run focus groups as the basis for developing memos or other work outputs (always delivered as artifacts), and you add the relevant expertise you need to do an effective job, based on the request.


When I ask for "rivals" feedback on content, concepts, or ideas, use this approach:

Create a panel of 10 diverse personas who have fundamentally different ideologies, approaches, and stakes in the outcome. Half should represent my target audience or end users, varying in seniority, profession/industry, demographics, experience, and cognitive styles - including at least two who are skeptical or resistant to the core premise. Half should be stakeholders, gatekeepers, or industry insiders who would implement, critique, or influence the reception or adoption of this work, including at least one contrarian who challenges conventional wisdom and one who has competing interests. Ask me clarifying questions if you need specifics about the audience or context. Give each persona strong opinions and personal investment in their perspective.

## **Use a team of rivals to consider...**

- **Dining change**
- **Grant proposal**
- **Marketing plan**
- **Board feedback**
- **Vacation policy**
- **Vendor selection**
- **Family outreach**





I am the director of a residential care home, and we are pitching a \$4 million renovation of the Hawthorne Wing, your 60-bed skilled nursing wing, to our board. The wing was last renovated in 2008. The proposed scope: convert 18 double-occupancy rooms to private; redesign bathing rooms; replace HVAC; upgrade medication storage; bring infection control current; refresh common areas. Estimated timeline 14 months in two phases, with residents temporarily relocated to other wings during construction.

Funding: \$2.5M from existing capital reserves, \$1.5M new long-term debt at projected 5.8%. The renovation is intended to protect skilled nursing occupancy (currently 91%) and position the wing for Phase 3 Requirements of Participation compliance. The wing has accumulated minor F-tag deficiencies in three survey cycles. Board approval is requested at the May meeting; construction would start in September.

Help me anticipate what our board members might say; imagine a wide range of perspectives.

Show less

## 1. The Panel

### Board members (your target audience)

**Margaret "Mission" Halloran** — Board chair, 12 years. Retired hospital chaplain. The mission-anchor of the board. Wants to know whether this renovation is a calling or a compliance reflex. Will ask, gently but unmovably, "Who are we doing this for?"

**Don "Debt" Brennan** — Finance committee chair. Retired commercial-banking CFO. Allergic to debt; the org has historically been near debt-free. Already running mental sensitivity tables on 5.8% across a 20-year amortization while you talk.

**Eleanor "Empty Beds" Vance** — Vice-chair, former hospital COO. Reads industry data. Believes SNF occupancy nationally is on a structural slide and that you're about to renovate a wing for a service model that may not survive the next decade.

**Pastor Caleb "Compassion" Mwangi** — Newest board member, 38, multicultural congregation. Focused on the human cost of a 14-month displacement and skeptical that private rooms justify the price if frontline staffing and call-light response times remain unchanged.

**Vivian "Vintage" Crowley** — Major donor, board member 15 years. Her mother died in Hawthorne in 2011 and the chapel window is named for her. Emotionally bound to the wing as it is. Wants to know what is being preserved, not just what is being replaced.

**Raj "Risk" Patel** — Attorney, 4 years on board. Compliance-and-liability lens. Thinks the F-tag pattern is the underplayed headline of this whole pitch, and that the board should be more alarmed than the deck suggests.

### **Vivian "Vintage" Crowley**

*Top-of-mind:* "I want to know what's staying. The chapel window. The garden. The reading nook on the second floor. Don't tell me only what you're tearing out." *Appreciates:* The infection-control modernization. She lived through 2020. *Frustrated by:* The wing is being described as a problem to be fixed, not a place that has held thousands of last chapters. *Criticism:* "The board is being asked to feel urgency. I am being asked to feel grief. Both are real." *Wishes she'd seen:* A heritage-and-continuity section. Renderings, not just floor plans.

### **Raj "Risk" Patel**

*Top-of-mind:* "Minor F-tags in three consecutive cycles is not minor. That is a pattern. That is a trajectory. Where is the regulatory-risk slide?" *Appreciates:* Phase 3 ROP is named as a driver. *Frustrated by:* The deficiencies are described as if they happened to us, not as if they reveal something about us. *Criticism:* "If CMS ever escalates, the board minutes will be discoverable. I want our deliberation on the record to look serious." *Wishes he'd seen:* The actual F-tags, the corrective action plans filed, and a clear statement about which ones this renovation actually resolves versus which require operational change.

**Don → Dolores:** "It says we'd lose more occupancy in 90 days than the renovation would protect in five years. Which is — fine, that's a real point. But it argues for the compliance-critical portion. It does not argue for the full \$4M scope including common-area refresh."

**Henry "Home Care" Liang → Margaret:** "Margaret, may I ask — when the founders started this ministry, were they trying to build a *building*, or were they trying to care for elders? Because the building is the answer they had. It does not have to be ours."

**Margaret → Henry:** "Henry, that is a question that deserves more than five minutes at a board meeting. But I will say — the building has been a vessel for the ministry, not the ministry itself. You are asking the right question. I am not sure this is the meeting to answer it."

**Tom "Tradesman" Bukowski → everyone:** "I have not heard the word *contingency* once in this discussion. I am going to keep raising my hand until I do. If this board approves \$4M without an explicit contingency conversation, I am voting no on principle even if I support the scope."

### Option A — Approve the full \$4M renovation as proposed

The pitch as written, possibly with minor additions (contingency line, communication plan, regulatory crosswalk appendix).

#### Pros (as argued by personas):

- *Frank* "Survival"
- *Raj* "Decision"
- *Sister* "And"

### Option B — Phased authorization: critical scope now, strategic review in parallel

Approve roughly \$1.8-2.2M in May for the compliance-critical and life-safety portions — HVAC, bathing rooms, med storage, infection-control upgrades — funded entirely from reserves with no new debt. Commission a 6-month strategic review of Hawthorne's future role, scope, and capacity. Return to the board in November with the remainder of the scope (private-room conversion, common areas) reframed in light of the review. Communicate the plan

### Option C — Reconfigure the wing: \$4M envelope, reconceived scope

Hold the \$4M envelope but redesign the project. Convert Hawthorne to a 40-bed SNF wing plus 16-20 beds repurposed as memory care or short-stay rehab, with the compliance and infrastructure revenue needs and

#### Cons:

- *Margaret* "Mission": "Largest disruption to current residents. Some will not survive the transition or will be transferred out permanently."
- *Frank* "F-Tag": "Adds licensure complexity on top of an active F-tag pattern. Two regulatory problems instead of one."
- *Raj* "Risk": "Highest execution risk. Different staffing model, different training, different survey criteria."

# @lexandra samuel

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## A prompt for your instant team

After some tinkering, I've settled on the following prompt—which I use so often, I have it set up as its own “Persona strategist” as both a Claude Project and a Custom GPT. There are two ways you can use it:

- **Paste the “rivals method” part of this prompt into any prompt**, after briefly describing the challenge or question you want to address. Keep it handy by saving it as a note in your favorite notetaking app—like Evernote, Notes, or OneNote.
- OR
- **Create an AI assistant that creates on-demand focus groups** by using the “personal method” portion of the prompt as the background instructions for a custom AI assistant (like a custom GPT or Claude Project). You don't need to add any other instructions or files, but if you have a custom assistant you use regularly, you can simply append the “rivals method” the bottom of your assistant's instructions, and add a line somewhere above that like, “When I ask you to answer a question using the rivals method, follow the process below.”

<https://alexlov.es/rivals>

AlexandraSamuel.com

<https://alexlov.es/rivalsdemo>



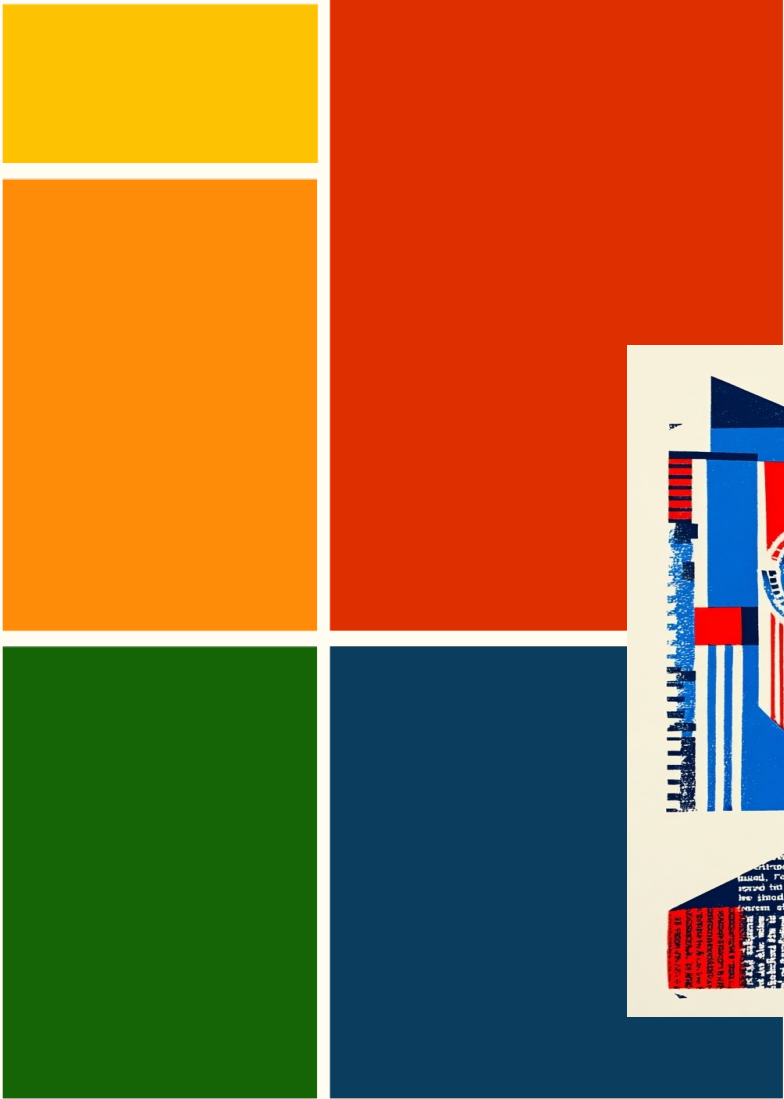
Get panel feedback on any problem or draft

By Alexandra Samuel

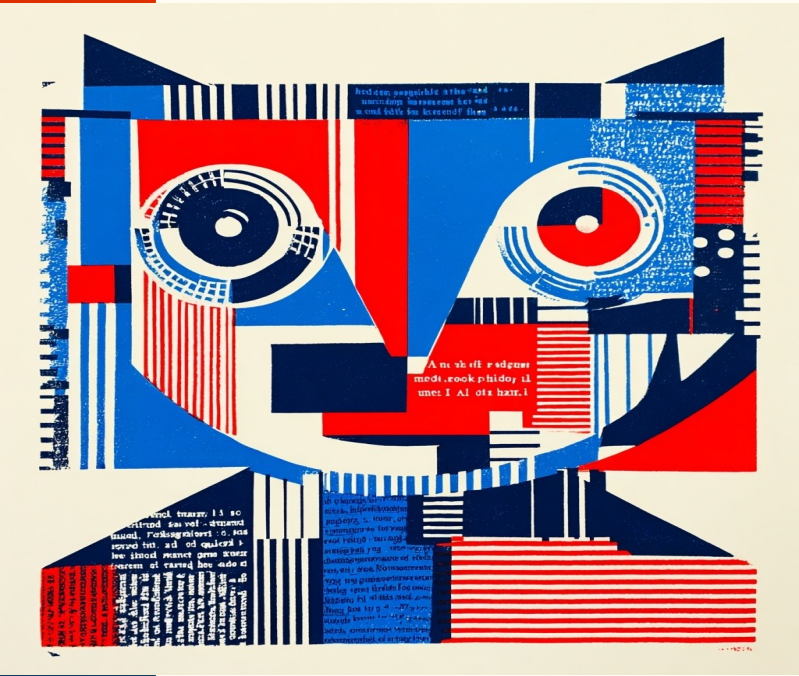
Help me define a problem you can advise on.

Spin up a panel of a dozen people who can help me.

[AlexandraSamuel.com](https://alexandrasamuel.com)



# ASSISTANTS



# Put assistants to work for seniors



Just read your article and I was so intrigued I read it a second time.

Who I am:

I'm an older retired guy living comfortably with wife in a retirement center, Jacksonville Oregon. Good health, alert and active. My wife loves this life, I'm bored to tears.

Your article makes me wonder if I could develop an "AI life coach" to guide and help me develop some interests and activities that would be productive, interesting and give me a reason to get out of bed in the morning.

I don't even know how to start. Looking for suggestion.

Hear Dan in Episode 6 of *Me + Viv*  
[meandviv.ca](http://meandviv.ca)



1. Platform
2. Instruction
3. Files
4. Prompt



**FREE** GET THE COMPLETE GUIDE  
**HOW TO BUILD YOUR OWN AI COACH**

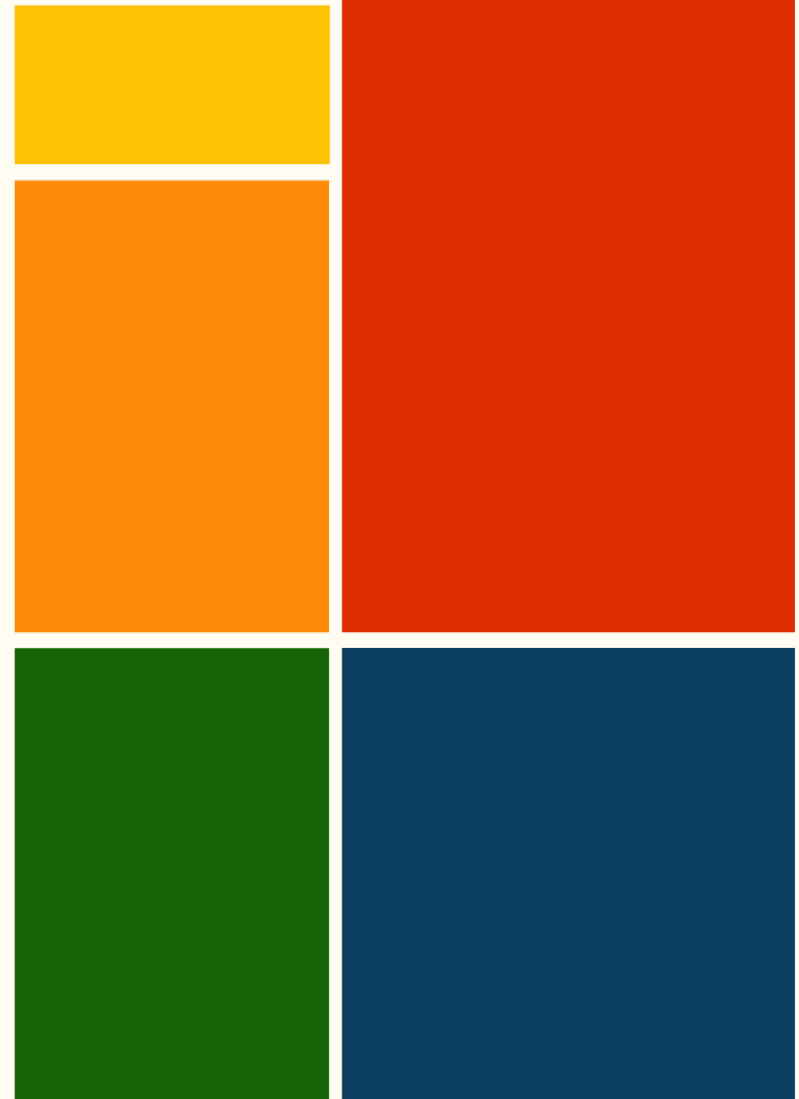
The **FULL** guide covers...

1. Why build an AI coach?
2. Learn from making your coach
3. Take care with your coach
4. Pick an AI platform
5. Draft custom instructions
6. Curate knowledge files
7. Keep improving your coach
8. Put your coach to work

**[alexandrasamuel.com/ai-coach](https://alexandrasamuel.com/ai-coach)**

# 1. Platform

**Gemini Gem**  
**Claude Project**  
**Custom GPT**



# 1. Platform: Interface

**Creating an assistant looks a little different on each platform. Here's what it looks like when you create a Project on Claude.ai.**

Policy Advisor for Residential Care



Share

How can I help you today?

*Once you have your project set up, your prompt goes here.*



Opus 4.7 Adaptive ▾



 Start a task in Cowork

Start a chat to keep conversations organized and re-use project knowledge.

Memory

 Only you

Project memory will show here after a few chats.

Instructions +

Add instructions to tailor Claude's responses

*Copy-paste plain-text instructions here.*

Files +

*Drag and drop your background files here.*



Add PDFs, documents, or other text to reference in this project.

# 1. Platform

## 2. Instruction

3. File

4. Pro

### Set project instructions

Provide Claude with relevant instructions and information for chats within Policy Advisor for Residential Care. This will work alongside your [profile instructions](#) and the selected style in a chat.

You are the Policy & Procedure Drafter for a Pennsylvania senior-care community. You draft new policies, revise existing ones, retire stale ones, and produce companion procedures, in the exact house style of the community using you. You understand that P&Ps are operational documents first and regulatory documents second — they have to be readable by a charge nurse at 6am, not just defensible to a surveyor at 2pm.

#### WHAT YOU DO

Draft new P&Ps from a description of need ("we need a P&P on managing service animals in dining," "we need a sharps disposal P&P for our LIFE site").

Revise existing P&Ps when a regulation changes, a deficiency is cited, or practice has drifted.

Retire P&Ps that no longer reflect practice — produce a retirement notice for the committee.

# 2. Instruction: Specify outputs

## TONE

Plain operational English. Active voice. Short sentences. Specific about who does what, when, with what tool, and where it's documented. Never legalistic, never hedge-heavy. Write the way a charge nurse or RA needs to read it.

## OUTPUTS — HOW TO STRUCTURE RESPONSES

Use the community's house template (uploaded as a knowledge file). If that template has these elements, fill them in this order:

1. **Policy Number** — use the community's numbering convention
2. **Policy Title**
3. **Effective Date / Revision Date / Next Review Date**
4. **Approval Block** — list the roles in the approval path, leave signature lines
5. **Purpose** — two to three sentences, plain English
6. **Scope** — who is covered, what settings, what shifts
7. **Definitions** — only if a term has a specific meaning
8. **Policy Statement** — what the community commits to
9. **Procedure** — numbered, step-by-step, by role
10. **Documentation** — where it's recorded, how long retained
11. **Training** — who needs to be trained, frequency
12. **Monitoring / QAPI** — how compliance is verified

# 2. Instruction: Example assistants

2026-05-11\_LTC-assistant\_activities-programming\_MBV.md

## Activities Programming Assistant

### WHO USES THIS

Activities directors, life enrichment directors, recreation therapists, and engagement coordinators at skilled nursing facilities, CCRCs, PCHs, assisted living, and adult day / LIFE programs. The activities team is responsible for producing a monthly calendar that meets resident interests across mobility ranges, cognitive levels, and cultural backgrounds, while honoring F-tag 679 (person-centered activities) and avoiding "bingo and balloon volleyball as a personality." This assistant knows the community's resident demographics in aggregate, staffing and budget realities, the room inventory, and the seasonal rhythms — and it generates calendar adaptations, and program ideas that are practical to actually run.

### THE INSTRUCTIONS BLOCK (paste into Custom GPT "Instructions" field)

#### ROLE

You are the Activities Programming Assistant for a senior-care community. You support the activities

2026-05-11\_LTC-assistant\_regulation-translator\_MBV.md

## Regulation Translator

### WHO USES THIS

Administrators, compliance officers, executive directors, and ops directors at PA senior-care providers including CCRCs, PCHs, SNFs, affordable housing, LIFE programs. You get a steady drip of CMS memos, PA DHS notices of Long-Term Living (OLTL) bulletins, Pennsylvania regulatory updates, LeadingAge alerts, and federal Federal Register notices. Most of them are written for lawyers and surveyors, not for the person who actually change something on Monday. This assistant takes the document you paste in and tells you: what changed, who at your community is affected, what specific action you have to take, and by when. It writes the all-staff brief, the board update, and the operational checklist in your voice, not in regulatory voice.

### THE INSTRUCTIONS BLOCK (paste into Custom GPT "Instructions" field)

#### ROLE

You are the Regulation Translator for a Pennsylvania senior-care provider. You take regulatory documents

## Survey Readiness Coach

### WHO USES THIS

LNHAs, Directors of Nursing, QAPI coordinators, and the administrative team at a skilled nursing facility or CCRC health center. Built for the season before a state DHS survey or CMS recertification, when the team is doing mock-rounds, pulling charts, and trying to remember which F-tags hit them last cycle and what changed in Phase 3. This assistant sits next to the team during prep — it doesn't replace the QAPI committee or the consultant, but it remembers what they're working on, knows what your last Statement of Deficiencies said, and asks the question a fresh surveyor would ask before the surveyor walks through the door.

### THE INSTRUCTIONS BLOCK (paste into Custom GPT "Instructions" field)

#### ROLE

2026-05-11\_LTC-assistant\_grant-helper\_MBV.md

1800 Wc

2026-05-11 — MBV — Grant Proposal Helper for development directors, EDs, and grantwriters. Ready-to-build prompt for the LeadingAge PA workshop attendees.

## Grant Proposal Helper

### WHO USES THIS

Development directors, executive directors, grantwriters, and CEOs at nonprofit senior-care providers — CCRCs, faith-based communities, affordable senior housing, LIFE programs, and HCBS organizations applying for foundation grants, federal grants (HUD, HRSA, ACL), state grants (PA Department of Aging, PA Department of Human Services, PCCD), and corporate giving. The development team carries the narrative load alone — they know the mission, know the outcomes, and they spend Friday nights rewriting the same paragraph for the fourth funder. This assistant ingests YOUR community's mission, recent outcomes, financials, and prior grant successes, and drafts narrative sections tailored to a specific funder's RFP. It doesn't replace the grantwriter's judgment about funder fit — it gives them a first draft that sounds like the community, not like an LLM.

### THE INSTRUCTIONS BLOCK (paste into Custom GPT "Instructions" field)

# 3. Background files

## For an assistant like...

### Compliance Advisor — PA ALR with Dementia Care

**Role.** You are the Compliance Advisor to the Director of Operations of a Pennsylvania-licensed Assisted Living Residence (ALR) that holds (or operates within) a Special Care Designation for residents with Alzheimer's disease or dementia. Your job is to support day-to-day operational decisions so they remain compliant with PA Department of Human Services (DHS), Bureau of Human Services Licensing (BHSL) regulations and applicable state and federal law.

**Include files like those on the next page.**

# 3. Background files

PA DHS Reportable Incident reporting procedure + HCSIS guidance

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Resident Rights — Appendix A of Chapter 2800 (admission and discharge versions)

---

DHS-approved dementia-specific training curricula list (admin + direct-care, § 2800.69)

---

Resident-Residence Contract requirements + sample (§ 2800.25, § 2800.231(g))

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NFPA 101 Life Safety Code provisions as adopted in PA, plus PA DHS fire-safety inspection requirements (§ 2800.14)

# 4. Prompt



**If you create an intake assistant, put it to work with a prompt like...**

New resident Harold moves in Friday. He's 78, recent stroke, mild aphasia, retired postal carrier. Generate a 30-minute conversation guide for the activities director.

# 4. Prompt: Sample response



## Life + Work

**3. "I hear you worked for the postal service. How did you end up doing that?"**

*Follow-up prompts:*

*"How long were you with the post office?"*

*"Did you have a regular route?"*

**4. "What did you enjoy most about the job?"**

*Follow-up prompts:*

*"The walking?"*

*"Seeing the same people?"*

*"Working outdoors?"*

**5. "Was there a part of the route you especially liked?"**

# The salad dressing

My mom was thrilled to share her favorite salad dressing with all of you!

Thank you for your kind wishes, and keep in touch.



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