



## Dissemination Email

**Use this draft email to share the Meaningful Engagement Resource Guide with your teams and/or leadership. The message is intended to introduce the resource, build a shared understanding of what meaningful engagement is, and highlight why it is a valuable part of person-centred care.**

**Subject:** Introducing the Meaningful Engagement Resource Guide

Dear [Leadership Team / Name],

I am excited to share Behavioural Supports Ontario's new **Meaningful Engagement Resource Guide**, an evidence-informed, non-pharmacological resource designed to proactively support purposeful engagement and enhance the well-being of older adults.

Meaningful engagement goes beyond just keeping people busy. It honours an individual's identity, preferences, abilities, and life story; fostering purpose, comfort, and connection. Research shows that meaningful engagement improves mood and quality of life, while providing cognitive stimulation and promoting inclusivity, in addition to reducing responsive behaviours/personal expressions and caregiver stress. By addressing unmet needs early, this guide can help save time in the long run by reducing escalation and reliance on less effective approaches (e.g., restraints).

The guide is flexible and designed for use by all care team members, not just recreation therapists. Meaningful engagement does not need to be complex - small, realistic actions built into daily routines can have a significant impact. Successful implementation is supported through team champions, leadership encouragement, and recognizing staff who create moments of connection, calm, and joy. Over time, this approach helps embed meaningful engagement into everyday practice and team culture.

I would be happy to provide further guidance on implementing this resource within our teams.  
Warm regards,

[Your Name]

[Your Position / Department]