



The Mueller Assessment of Transition (MAT)

The MAT is a standardized assessment to measure older adults' wellbeing when transitioning into an assisted living facility (ALF).

The MAT was tested to measure wellbeing within the resident's *first month* of moving into the ALF.

How Does a Resident Complete the MAT?

The MAT is completed independently by a new resident using a writing instrument (not interview style). Staff may assist with writing answers if necessary.

Can a Resident with Memory Impairment Complete the MAT?

No, the MAT has not yet been tested for residents with memory impairment. New residents should be alert and oriented to complete MAT.

What Does Staff Do with the MAT Results?

Based on the resident's answers, staff can address areas of need to help maintain or increase your resident's wellbeing during their transition into the ALF! For example, suppose a resident marked *Agree* to "feeling less engaged in your favorite hobbies." In that case, staff can use that information to intentionally provide person-centered activities (old or new) for that resident. Additionally, if your resident marked *Strongly Agree* to "feeling strong support from the staff," then the staff can use that information to keep providing excellent care to that resident.

The MAT may be used on move-in day (pre-test) and then again at the end of the resident's first month in the ALF (post-test) to assess for changes to their wellbeing.

Interested in Future Research on the MAT or have Questions?

Please contact researcher Kaitlin E. Mueller, PhD, LRT, CTRS at kmueller22@catawba.edu.

MAT-related Research Articles:

1. Mueller, K. E., Van Puymbroeck, M., Brown, C., Crowe, B. M., & Davis, N. (2023). Measuring older adults' wellbeing when transitioning into assisted living facilities: a confirmatory factor analysis of the Mueller assessment of transition (MAT). *Aging & Mental Health*, 28(6), 936–942. <https://doi.org/10.1080/13607863.2023.2293054>
2. Mueller, K. E., Van Puymbroeck, M., Brown, C., Crowe, B. M., & Davis, N. (2023). Development and Factor Structure of the Mueller Assessment of Transition (MAT): A Tool for Measuring Older Adults' Wellbeing during Transitions into Assisted Living Facilities. *Journal of Aging and Environment*, 1–17. <https://doi.org/10.1080/26892618.2023.228655>
3. Mueller, K. E., Van Puymbroeck, M., Crowe, B. M., & Davis, N. J. (2023). Exploring Constraints to Well-Being for Older Adults in Transition Into an Assisted Living Home: A Qualitative Study. *Canadian Journal on Aging / La Revue Canadienne Du Vieillissement*, 42(4), 688–695. <http://doi.org/10.1017/S0714980823000284>
4. Mueller, K. E., Van Puymbroeck, M., Crowe, B. M., & Davis, N. J. (2021). Adjustment Strategies of Older Adults Transitioning Into an Assisted Living Facility: Implications for RT Practice. *Therapeutic Recreation Journal*, 55(2), 204–220. <https://doi.org/10.18666/TRJ-2021-V55-I2-10782>

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Please fill in the circle for how strongly you experienced the items listed below during your transition, from *strongly disagree* and *strongly agree*.

As you transitioned into the assisted living facility, you *experienced*...

[illegible]