

Well-Being Guidance

This guidance is related to maintaining the social, emotional and spiritual well-being of residents living in long-term care facilities. Our goal is to enhance the well-being of residents and support each *individual*.

IDENTITY: Get to know each resident

How to use IDENTITY to meet to psychosocial needs of our residents:

- Interview residents! This is a great time to complete the I-Page or Activities assessments. Even if these have previously been completed, use this time to sit down and discuss these topics with our residents and update these assessments. (i.e. tell residents you want to learn more about them because you care about them and want to know what is important to them!)
- Use information learned through interviewing and talking with resident to individualize their rooms (i.e. if they were a pastor and this was important to them then write their favorite bible verses and post these on the wall; if they talk about their family, work with the resident to make a family tree to post in their room)
- Use music! Ask residents about their favorite types of music and play this for residents. (i.e. ask a resident who their favorite band as a child was and play this music for them)
- Find out about the resident's history, what they did for work- was this important to them? Did they travel? Where have they been? Print off maps and pictures of places they have traveled to and post these on the resident's wall.

CONNECTEDNESS: Engage in conversation in a meaningful way

How to use CONNECTEDNESS to meet to psychosocial needs of our residents:

- As you see residents, ask them how they are doing- do they have any concerns? (i.e. a resident is concerned that they can't see their family, *validate* their feelings [seeing "Meaningful Moments" document], and tell them that you are so sorry and you understand this is distressing to them.)
- Allow residents to connect with family. Offer/encourage FaceTime calls/video chats, designate e-mail address for family messages, assist in use of technology (Facebook portal, iPad, phone, computer, etc.)
- Help residents write letters or message to their families- provide card writing supplies
- Be a friend to your residents- whatever is concerning them, let them know that you care about them and care about their concerns.

Create ways for residents to connect with their family:

- Offer/encourage family phone calls/video chats
- Designate e-mail address for family messages
- Assist in use of technology (Facebook portals, FaceTime calls, etc)

SECURITY: Ensure dignity, security, safety, privacy, respect

How to use SECURITY to meet to psychosocial needs of our residents:

- Allow residents to verbalize fears. Validate their feelings and reassure safety.

- Ensure resident comfort & security with environment. (i.e. lights, sounds, temperature)
- Be mindful of possible effects change in routine can have on each resident.
- Be mindful of what is playing on television. News can be scary & difficult for those with cognitive changes to process.
- Respect privacy when entering room, during personal care & when requested. (i.e. knock on door, pull curtain, close door)
- Be mindful of staff conversations when interacting with residents. We don't want to cause additional stress or concern with our personal conversations.
- Reassure residents they are safe, with quality care, in best environment.

JOY: Individualized activities

How to use JOY to meet to psychosocial needs of our residents:

**Activities need to be individualized to the resident's interests and functional ability*

- Provide writing tools for residents to "journal" their feelings
- Make fleece tie blankets
<https://www.google.com/search?client=safari&rls=en&q=fleece+tie+blankets&ie=UTF-8&oe=UTF-8#kpvallbx=rNtwXoW3I4WctgWph5uQAw64> . Have staff and higher functioning residents cut the blanket strips and then have residents work on blankets in their rooms
- Ask a resident to help with watering of plants in the building or feeding fish
- Provide residents who express spiritual needs with Bibles to read or get the Bible on tape for residents
- For residents with baby dolls, sing lullabies to the babies with them
- Have residents make flower arrangements for the building
- Provide residents with puzzle books, coloring books, play dough
- Have staff engage in games like tic-tac-toe with residents during rounding
- Many churches are providing online sermons, play these for residents who express a spiritual need
- Intercom Bingo
- Hair/Nail therapy
- Chair exercises to music played over the intercom
- Engage residents in reminiscence therapy by printing out iconic pictures from different decades and having residents discuss their memories
- Have activity stations for residents (i.e. activity station 1 could be collage making from magazines, activity station 2 could be reminiscence therapy, activity station 3 could be card making for families)
- Provide "lunch and learn" opportunities- while residents are eating in their rooms have staff members go room to room and provide short simple information or pictures on a topic (i.e. information on dogs with pictures, pictures of babies smiling and laughing)
- Jewelry making with residents
- Have residents paint rocks to create facility rock garden