

Action Pact, Inc.

<http://www.culturechangenow.com>

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Household Built on Knowing Residents
Residents in Isabella House put together two-sided “scrapbook” pages of pictures of themselves and the people and things that are important to them.

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Co-Sponsor 2011 Action Pact workshops

Whether you are a provider or a Culture Change coalition, you can co-sponsor any (or all) of these one day workshops.

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Household Built on Knowing Residents

http://www.episcopalhomes.org/long_term_care/index.php

When Household Coordinator Jean Sandberg talks about her household at Episcopal Church Home in St Paul, MN, it is easy to lose track of how many times she says, “know the resident.” It is the foundation on which they have built home and a sense of family in Isabella House.

Throughout the organization, when a resident comes to live in a household, after their assessment, the household coordinator, with the resident's permission, puts together information from the assessment into a book titled “What’s Important to Me.” These books help staff get to know the resident as a person. Then a learning circle is held in the household with residents and staff to introduce and welcome the new person. Right from the start, everyone is encouraged to get to know their new housemate.

Jean has also developed Resident Bingo games for staff to help them engage residents and know more about them. “In the beginning, it was information that they could get from their chart. Things like, ‘Who was born in Illinois?’” But then she dug deeper to make it more of a challenge. She talked to residents and their families and included information that would really require conversation such as how someone met her husband. After getting game sheets at a staff meeting, staff spent the week engaging residents to complete the game.

It is also important for residents to get to know each other. Residents in Isabella House put together two-sided “scrapbook” pages of pictures of themselves and the people and things that are important to them. These laminated pages sit on the household dining tables with the salt and pepper shakers and can be used by anyone to help strike up mealtime conversation among tablemates. Not only does this help folks get to know each other, it helps make meal times more interesting.

Most Isabella House residents are living with dementia. Jean said knowing things about residents is particularly helpful in guiding them through difficult situations. For example, when assisting someone to the bathroom, Jean said, knowing that that person grew up on a farm and used to go to an outhouse can be useful in understanding where they may be at and in negotiating with them.

The folks at Isabella House know that getting to know someone can and should happen in many different ways. They have made it a way of life in the household by looking for opportunities to make connections with each other throughout the day. When everyone really knows each other in special ways, life in the household feels so much more natural. It feels like home.



Training Calendar

CHOREOGRAPHY OF CHANGE

Feb. 20-25 – Milwaukee, WI

LIFE HAPPENS IN THE KITCHEN

Feb 20-24, 2011-Milwaukee, WI

For more information about these workshops or to register go to:

<http://www.culturechangenow.com> or call our office: 414-258-3649.

Decorating Home for the Holidays

<http://www.episcopalhomes.org/>

Here's a simple question: Does someone come into your house and decorate it for the holidays? With the business of the season we may sometimes wish someone would, but for most of us, pulling the decorations out of the attic or basement and out of their rubber tubs and tissue paper is the start of holiday traditions. There are heirlooms, things the kids made, some gaudy knick-knack that we've become attached to and some novelty song-playing piece that makes us laugh and makes someone in the family roll their eyes. Let's not forget the special plate for Christmas cookies. There's frustration with the strings of lights, hot cocoa and hot toddies, Christmas songs on the radio, and most importantly, time with our family. Why should elders in nursing homes miss out on all that?

Traditional nursing home Christmas decorations often include one big tree put up by volunteers and something like a wall of construction paper stockings with residents' names on them like you would see in a grammar school. But, it's been a joy to see the decorations in recently visited households, chosen and put up by residents and staff. At Episcopal Church Home in St Paul, MN, staff took interested residents down to the basement to retrieve decorations. Many households ask for donations of decorations or go on an outing to thrift stores to find holiday treasures. Each house is decorated differently, and residents give direction about what should go where and oversee their favorite pieces. As with most things, it is actually the experience *around* the decorations that is as important, if not more so, than the decorations themselves.

A family member of a resident from Shorehaven in Oconomowoc, WI (<http://lho.org/>) has been putting together scrapbook pages of pictures of her dad and his experiences in his household there. She put together this lovely page about decorating for Christmas with photos of her dad decorating his household at Shorehaven. It's exciting to think of not just passing Christmas in a nursing home, but of making holiday memories and new traditions.



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Are you interested in Co-Sponsoring one of Action Pact's one-day workshops in 2011?

We're looking for co-sponsors for these exciting topics for 2011. Co sponsor one of our one-day workshops, or arrange the series to be given over the year.

***A Tale of Transformation
Food For Thought
Unlocking The Life Within: The Key to Elder
Wellness: Accentuating the Positive
Honoring Personhood
Creating the Climate for Vibrant Living***

•If you are a provider organization that has a meeting space that seats at least 50 people at tables, and want to be a co-sponsor, check our website below and click on the **provider** link at the bottom of the page to register.

•If you are a Culture Change Coalition who would like to provide culture change education/training to your membership in your state or region, and have access to a meeting space that seats at least 50 people at tables, check our website below and click on the **coalition** link at the bottom.

To learn more information about the workshops, go to our website, www.actionpact.com/cosponsor.html