

# Going to Bed Activity

RESIDENT IDENTIFIED CHOOSING THEIR BEDTIME AS A PREFERENCE



# Supply Check-list

- Assistive devices, as needed:
  - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Blankets
- Glass of water
- Medicine, if needed
- The resident's preferred level of light and room temperature
- Feeling Faces Emotion Assessment form



# Activity Introduction

**[APPROACH]** Approach the resident from the front, on eye level, and smile.

**[GREET]** Greet the resident using their name.

**[INTRODUCE]** Introduce yourself using your name, and point to yourself.

**[ASK]** Ask how the resident is doing today.

» Say: "How are you doing today?"

**[ASSESS]** Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

**[RESPOND]** Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Say: "It is \_ P.M. now". and " Is there anything I can help you with?"

» Do: Address the person's needs, if applicable.

# Activity Questions

## Question Suggestions:

- How do you feel about the light and temperature in the room?
- Are you comfortable?
- How was your day today?
- Personalized questions tailored to the resident to help alleviate anxiety/anger/irritation/etc.
  - Think about topics the resident likes to talk about.

# Activity Instructions

**[INTRODUCE]** Introduce the personal care activity.

- » Say: "I know you prefer to go to bed at [the resident's preferred bedtime]. It's [current time] now. Would you like me to help you get ready for bed?"
- » Do: Gesture 'you' (point to person) and 'I' (point to self). Point to the resident's bed or a picture of the activity.

**[EXPLAIN]** Use the activity as a conversation starter.

- » Say: "I am going to help you get ready for bed. Do these items look familiar to you?"
- » Do: Gesture to the resident's bed.
- » Do: Do your best to honor the preferences of the resident when helping the resident get ready for bed.

**[CHOICE]** Ask the resident what they would like to wear to sleep.

- » Say: "What would you like to wear to sleep tonight?"
- » Do: Prepare supplies/items that the resident needs in advance and ensure they are ready in the bedroom.
- » Do: List different options and point to the options as you list them.
- » Variation: If more help is needed, pick out 2 options at once, as to not overwhelm the resident. If they are unable to choose, then pick one that aligns with their preferences.

# Activity Instructions continued

**[BEGIN]** Begin helping the resident get ready for bed.

**[ENCOURAGE]** Encourage the resident (remember: engagement over correctness).

- » Say: "You did great today!" or "I hope you have a good night's sleep."
- » Do: Respond to the resident based on their emotional cues.

**[ASK QUESTIONS]** See question card for ideas.

# Activity Closing

**[THANK]** Thank the resident for doing the activity with you.

**[ASK]** Ask for feedback:

» Say: How did you feel about getting ready for bed?

**[ASSESS]** Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

**[ASK]** Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

*great job!*

