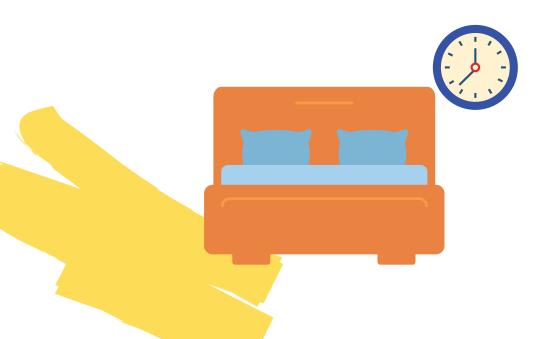
# Going to Bed Activity

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.

**IGREET]** 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.



