

Listening to an Audiobook Activity

RESIDENT IDENTIFIED READING AS A PREFERENCE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Device for downloading and listening to an audiobook
 - tablet, such as an iPad, Kindle, or eReader
 - computer or laptop
 - or an iPhone
- Selection of audiobooks
- Headphones
- 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."

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

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know reading is important to you. Would you like me to help you listen to an audiobook?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what type of book they would like to listen to. Offer the available options based on their choice.

- » Say: "Would you like to listen to an audiobook that is about mystery, action, biography?" etc.
- » Say: "Would you like to listen to [list 2-3 book titles]?"
- » Do: Read a description of the book if the resident asks.
- » Variation: If the resident is unable to choose a book to read, then pick one that aligns with their preferences.

Activity Instructions

[CHOICE] Ask the resident if they would like to listen to the audiobook alone or together with you.

- » Say: "Would you like to listen to the audiobook by yourself or with me?"
- » Do: If needed, explain this in further detail.
- » Variation: If the resident is unable to choose, pick one that aligns with their preferences.

[BEGIN] Begin playing the audiobook for the resident.

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

- » Say: "You're paying really good attention to the audiobook."
- » Do: Smile and nod.

Activity Instructions continued

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the audiobook, if needed.

- » Say: "I will be right here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, but work the device for the resident or read to them instead.

* If the resident is struggling with the activity, ask questions and/or engage more with sense (see next page).

Activity Questions

Question Suggestions:

- What do you like about reading/books?
- What is your favorite type of book to read?
 - mystery, romance, non-fiction, biographies, etc.
- Do you have a favorite book?
 - If so, what is it?
 - Why is it your favorite book?
- Do you have a favorite author?

Activity-related Questions:

- What did you think of today's audiobook?
- Did it remind you of anything?
- Ask questions based on the story or content.

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see** and **hear** during the audiobook, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to close their eyes and imagine a scene. Describe it together.

"If you close your eyes, what scene do you see?"

» **Hear:** Encourage the resident to listen to the reader's voice. Describe it together.

"What does the reader's voice sound like? Do you hear other sounds?"

Activity Closing

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

[ASK] Ask for feedback:

» Say: How did you feel about listening to the audiobook today?

[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!

