

Looking at Animals Activity

RESIDENT IDENTIFIED BEING AROUND PETS AND ANIMALS AS A PREFERENCE



Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



Animal content to look at:

- animal picture books or magazines
- photos of pets or animals, if the resident has pictures of their own pet include those as well
- movies/shows/documentaries about animals
- If you have a pet in the nursing home, bring it to the session and include it in your interaction with the resident, such as a fish tank, bird habitat, etc.



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 Questions

Question Suggestions:

- What do you like about animals/pets?
- What is your favorite animal? Least favorite animal?
- What animals do you like looking at? Learning about?
- Did you have a pet?
 - What was your pet's name?
 - How did your pet get its name?
 - What color was it?
- Ask questions about the activity
 - Did you like the [photos/video/animal]?
 - Did the [photos/video/animal] remind you of anything?

Activity Instructions

[INTRODUCE] Introduce the activity.

- » Say: "I know it's important for you to be around animals and pets. Would you like me to help you look at animals?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident how they would like to look at animals.

- » Say: "Would you like to look at pictures of animals, a video about animals, or actual animals?"
- » Do: If possible, point to the different options as you list them.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then pick one that aligns with their preferences.

[BEGIN] Begin looking at animals with the resident.

Activity Instructions continued

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

- » Say: "You're a very careful observer!" or "Great job!"
- » Do: Smile and nod, point to the pet or animal.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, 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, guide them in looking at the materials or have them guide you in looking at the materials.

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

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 activity, for a sensory experience.

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

» **See:** Encourage the resident to look at the pictures or video. Ask about colors, textures, animal movement, etc. Point out any of your observations.

“Look at the [animal], what do you think of it?”

» **Hear:** If applicable, encourage the resident to listen to the animal and see if they make any sounds.

“Can you hear her purring?” or “Do you hear the birds chirping?”

“Can you hear the elephant/lion/etc.?” or “Do you have a favorite animal sound?”

Activity Closing

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

[ASK] Ask for feedback:

» Say: How did you feel about looking at animals 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!

