

# Participating in Prayer or Meditation Activity

RESIDENT IDENTIFIED PARTICIPATING IN RELIGIOUS SERVICES OR PRACTICES 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 to listen to guided meditation/prayer

- tablet, such as an iPad
- computer or laptop
- iPhone or iPod
- tape / cassette player
- TV



Religious items that the resident might like to hold or interact with

- Rosary, prayer cards, Bible/Koran/Torah/etc, personal religious item



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 your religious practices are important to you. Would you like me to help you pray or meditate?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident what they would like to pray or meditate on.

- » Say: "Is there something in particular that you'd like to pray or meditate on?"
- » Do: Be patient and give the resident time to think.
- » Variation: If the resident is unsure, suggest a family member, friend, or current event.

**[BEGIN]** Begin praying or meditating with the resident.

# Activity Instructions continued

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

- » Say: "I can see you're really passionate about your religion."
- » Do: Smile and nod, point to the resident.

**[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.

**\*** 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 **touch** during the activity, for a sensory experience.

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

» **Touch:** Make physical contact by touching the resident's hand and make eye contact to ensure comfort during prayer.

"Thank you for including me in your prayer activity today. How does praying make you feel? What are you praying on? Does praying bring up any memories?"

# Activity Questions

## Question Suggestions:

- What do you like about praying/meditating?
- How does praying/meditating help you?
- Who taught you to pray/meditate?
- Have you always been religious?
- What do you like about your religion?
- Do you have a favorite religious holiday?
  - How do you usually celebrate? With whom?

# Activity Closing

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

**[ASK]** Ask for feedback:

» Say: "How did you feel about praying/meditating 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!*



