

Tending to Plants Activity

RESIDENT IDENTIFIED TAKING CARE OF THEIR PERSONAL BELONGINGS,
SPECIFICALLY TENDING TO PLANTS, AS A PREFERENCE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- Potted plants
- A watering can or spray bottle
- A hand shovel
- Scissors or clippers for leaves
- Newspaper to layout
- 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 having house plants?
 - Have you always kept house plants?
- Do you have a favorite plant? What about a favorite flower?
 - Why is it your favorite?
- Is there a type of plant that you struggle with keeping alive?
- Do you enjoy gardening outside?

Activity-related Suggestions:

- Do you like how this looks?

Activity Instructions

[INTRODUCE] Introduce the personal care activity.

- » Say: "I know it's important for you to take care of your personal space and belongings, and that you enjoy taking care of plants. Would you like me to help you tend to your plants today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident which plant they would like to start with.

- » Say: "What plant would you like to start with?"
- » Do: Point to different plants.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose a plant, then pick one that aligns with their preferences.

[BEGIN] Begin tending to the plants with the resident.

Activity Instructions continued

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

- » Say: "You've really got a green thumb!" or "Your plants/flowers look beautiful."
- » Do: Smile and nod, gesture to the plants.

[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, but help the resident take care of their plants or guide the resident's hand.

* 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**, **touch**, and **smell** 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 their flowers or plants and describe them.
"Can you see the different colors of the [flower/plant/etc.]? What about their shapes and sizes? Can you describe how they look?"
- » **Touch:** Encourage the resident to touch their flowers or plants and describe the feeling.
"Can you feel the different textures of the [flower/plant/etc.]
What does it feel like? Can you describe it?"
- » **Smell:** Encourage the resident to smell flowers, plants, soil or anything else that may engage the resident.
"What does it smell like? Does it smell good? Does the smell remind you of anything?"

Activity Closing

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

[ASK] Ask for feedback:

» Say: How did you feel about taking care of your plants 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!

