



Engagement Throughout the HOME

Relationship building is the fundamental building block of a transformed culture. Relationships are the heart of long-term care.

Benefits of Nurturing Relationships

- Reinforces our identity and self-worth
- Increases our ability to cope-resiliency
- Increase feelings of trust and security
- Improves our mood
- Increases involvement in daily routines and helpfulness
- Promotes humor and hope
- Promotes brain health

Principles of Working with Groups: “Building Community and Engaging Residents”

Rationale

- Through social interaction we learn of ourselves...groups and social interaction are the major source of information to help develop a concept of “self.”
- Withdrawal, isolation and depression result from lack of socialization.
- One of the skills basic to adequate functioning is the ability to get along in a group. Failure to belong or be accepted often leads to inadequate functioning.
- High self-esteem in newly admitted residents is related to high frequency of social interaction. New residents who participate in a life review process tend to show fewer signs of depressed mood.
- Relational aspects of well-being are possible in severe dementia, interpersonal processes remain. Emotional sensitivity and spiritual awareness are possible (Bob Woods RYCT, University of Wales Bangor)
- “When relationships are challenged, it can cloud other aspects of life. Decreases in a person’s social relationships may affect psychological well-being, and have *an impact on mood, behavior and physical activity.*” CAA #7
- A cohesive group promotes:
 - Feelings of togetherness
 - A liking for each other
 - Security and trust
 - Self-worth and esteem
 - A sense of belonging
 - Acceptance
 - Support



Helpful hints:

- Structured opportunities to learn and share about each other creates bonds
- Groups who compete against others become more cohesive
- Groups whose members interact more frequently will develop cohesiveness more quickly
- Sharing music and laughter helps develop relationships
- Informal groups tend to establish feelings of belongingness more quickly

Develop a plan that will meet the following goals:

1. Provide increased opportunities (choices) of activities for residents in small group formats.
2. Include varied leadership of activities and groups to utilize the talents and strengths of staff.
3. Provide shared participation (and enjoyment) between staff and residents in life celebrations and events.
4. Create opportunities for engagement through relational activities with staff.
5. Utilize routine “care” situations to promote engagement (beverage/snack carts, 2 hour rounds, evening routines and care)
6. Create opportunities to maximize socialization during dining.
7. Provide materials to trigger informal/spontaneous interactions (displays, pictures, written prompts and questions, ongoing activity)
8. Provide staff with “engagement” questions/topics (pocket talkers)
9. Support the continuation of family relationships, facilitate video visits, visitation kits and tools.

Relational Interactions

1. Name discussions
2. Collages
3. “I have-have you?”
4. If I could, I would...
5. What would you do?
6. Pleasant events, “have you ever enjoyed?”
7. Patterns and legacies
8. Picture “talk”
9. Scripts and stories
10. What’s in my pocket?
11. Singing and dancing
12. “Cold hands”
13. Kitchen wisdom
14. Recipe talk/smells like
15. Share and visit
16. Penny Ante