



Residents Encouraging Residents

Administrator:

Mr. Jason Banks

Oak Park

1365 Gatewood Drive
Auburn, Alabama 36830
(334) 826-7200

Getting residents involved in activities will enhance their life, prevent boredom, develop new friendships and make their life more fulfilled. They also give us suggestions on what outings they would like to go on and what activity programs to schedule.

Our Best Practice is to prevent loneliness and promote self-worth in our residents.

The group of residents that are involved in our Best Practice are the more cognitive residents. These residents take the time to go and visit residents who are unable to attend a group activity due to health reasons. This program is beneficial to all the residents, staff and family members.

Our program has enhanced the life of nursing home residents. One of our residents would always complain about everything from food, nursing, housekeeping and activities. She liked coming to exercise. One day she asked if she could have a copy of the exercises we do. Activity staff gave her a list of the exercises and we asked her one day if she could lead the exercise. Well! From that day forward she leads exercise 3 times a week, she visits other residents to encourage them to attend activities. The residents have developed a great relationship with each other.

The only problem we can see someone having is not having or taking the time to work with a resident's and to encourage them to take the opportunity to enrich their life and the life of others in a nursing home. We do not know of any other nursing home where the residents are this involved with other residents.

The only thing this program has cost is a badge and lanyard that we present to the residents who try to encourage and lead an activity program. The staff talks to other residents about joining in. During an activity program lead by a resident there is always an activity staff member present.

In the past year we have witnessed the difference it has made in our residents lives to get involved with other residents, to encourage them to participate and invite other residents to programs, to visit with residents who are unable to attend or have few visitors. We have a lady who has had a stroke and is wheelchair bound leading an exercise program, we have a resident who has bilateral amputation who is leading a singing program and will walk to the exercise program with her prosthetic legs, we have a gentleman who does research on subjects for the residents, and we have a gentleman who monitors the activity room to ensure all residents are there and accounted for.