

Decorating Your Bedroom Activity

RESIDENT IDENTIFIED TAKING CARE OF THEIR PERSONAL BELONGINGS,
SPECIFICALLY DECORATING, AS A PREFERENCE



Supply Check-list

- Assistive devices, as needed:
 - Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices
- Wipes
- The resident's belongings
- Photo frames
- Poster or wall art
- Plants
- Bedding, pillows
- Furniture
- 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 decorating?
- How did you decorate your house?
 - Did you have a favorite room?
- Did anyone teach you to decorate?
- What style of decorating do you enjoy?
- What is your favorite way to decorate?

Activity-related Suggestions:

- Do you like how this looks?
- What made you decorate the way you did?

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 decorating. Would you like me to help you decorate your room today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what part of their room they would like to decorate.

- » Say: "What part of your room would you like to decorate? You can decorate your [list available options such as walls, bed, bedside table, etc]."
- » Do: Point to the parts of the room as you offer 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 decorating with the resident.

Activity Instructions continued

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

- » Say: "Your room looks amazing!" or "You're a great decorator."
- » Do: Smile and nod, gesture around the room.

[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 to place items in their room or come up with ideas.

* 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**, **smell**, **taste**, 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 their belongings and room decor; notice their colors and textures.

"Can you see the different colors of the [items]? Can you describe how they look?"

» **Touch:** Encourage the resident to touch their belongings and room decor; describe the feeling.

"Can you feel the different textures of the [items]? What does it feel like? Can you describe it? Does it remind you of anything?"

» **Smell:** If applicable, encourage the resident to smell any scented decor items.

"What does [the item] smell like? Does it smell good? Does the smell remind you of anything?"

Using the Senses continued

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see, touch, smell, taste,** and **hear** during the activity, for a sensory experience. (Tip: Participate with the resident, you can answer these questions too).

» **Hear:** If applicable, encourage the resident to listen to any decor items with sound.
"What does [the item] sound like? Can you describe it?
Does the sound remind you of anything?"

» **Taste:** If applicable, encourage the resident to taste any edible decor items, such as a jar with candies.
"What does [the item] taste like? Can you describe it?
Does the taste 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 decorating your room 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!

