

# Interacting with Pets Activity

RESIDENT IDENTIFIED BEING AROUND PETS AND ANIMALS AS A PREFERENCE



# Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



An animal or pet to interact with

- Robotic or battery-powered pet; artificial fish tank; stuffed animal
- If you have a pet in the nursing home that the resident likes, bring it to the session and include it in the activity



Items to interact with pets

- Cats: cat toys, cat treats or food, cat brush
- Dogs: dog collar, dog bone or toys, dog treats or food, dog brush
- Birds: Bird food or toys
- Fish: fish food



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 animals/pets?
- Do you have a favorite animal?
  - Do you have a favorite breed of dog, cat, fish, etc.?
- Did you ever have a pet?
  - What was your pet's name?
  - How did your pet get its name?
  - What color was it?
  - What was its fur like?
  - What did you like best about this pet?
  - What was your favorite thing to do with your pet?
  - Did you ever brush your pet [show comb]?
  - Did your pet have toys like these?

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know it's important for you to be around animals and pets. Would you like me to help you interact with pets?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident how they would like to interact with the animal.

- » Say: "Do you want to pet, hold, feed, brush, or play with the [cat, dog, bird, fish, etc.]?"
- » Do: Point to the different supplies as you list them.
- » Variation: If more help is needed, present the resident with a choice of 2 options. If they are unable to choose, then pick one that aligns with their preferences.

**[BEGIN]** Begin interacting with the pet or animal.

# Activity Instructions continued

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

- » Say: "You are great with animals." or "I can see how much you love animals."
- » Do: Smile and nod, point to the pet or animal.

**[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 guide the resident's hands so that they are able to interact with the animal.

\* 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**, **hear**, and **touch** 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 the animal and how it acts.

“Look at the [animal], isn't that cute? Do you think (s)he looks happy?”

» **Hear:** Encourage the resident to listen to the animal and see if they make any sounds.

“Can you hear her purring?” or “Do you hear the birds chirping?”

» **Touch:** Encourage the resident to touch the animal's [fur, feathers, etc.]

“How does the animal's [fur, feathers, etc.] feel? Does it feel soft? Do you like how it feels?”

» **Touch:** Pet the animal, feel its fur, ears, tail, nose, etc. for different textures.

» **Touch:** Use any additional supplies to interact with the animal, so that the resident can watch and try if they want to.

# Activity Closing

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

**[ASK]** Ask for feedback:

» Say: How did you feel about interacting with a pet/animal 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!*



