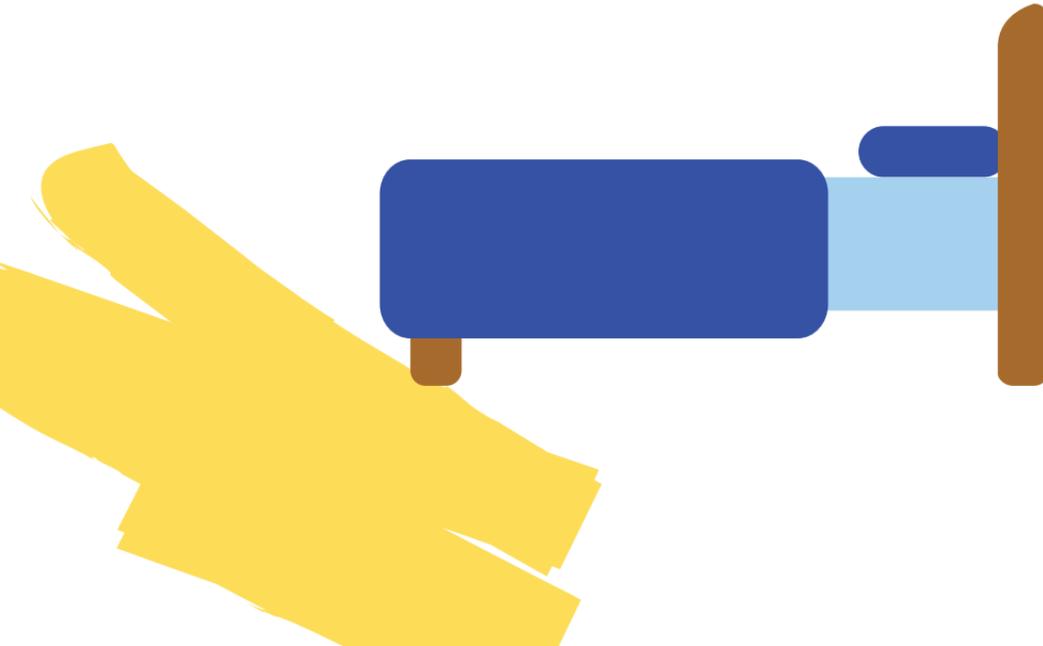


Making Your Bed Activity

RESIDENT IDENTIFIED TAKING CARE OF THEIR PERSONAL BELONGINGS,
SPECIFICALLY MAKING THEIR BED, 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 bed and bedding
- Pillows or throw blankets
- 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 making your bed?
 - Have you always liked making your bed?
- How often do you make your bed?
- What is your favorite fabric of bedding?
- Do you use a top sheet on your bed?
- How many pillows do you like to sleep with?

Activity-related Suggestions:

- Do you like how this looks?
- Do you like the color/fabric/pattern of the bedding?

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 making your bed. Would you like me to help you make your bed today?"
- » 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 make the bed.

- » Say: "How would you like to start making your bed?"
- » Do: Give different places to start.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, pick one that aligns with their preferences.

[CHOICE] If applicable, ask the resident how they would like to set the bed.

- » Say: "Where should these pillows/blankets be placed?"
- » Do: Show the resident different options.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, pick one that aligns with their preferences.

[BEGIN] Begin making the bed with the resident.

Activity Instructions continued

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

- » Say: "Your bed looks so nice and neat!"
- » Do: Smile and nod, gesture to the bed.

[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 make their bed or do it for them under their directive.

* 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 bedding or pillows and describe them.
"Can you see the different colors of the [bedding/pillows/etc.]? Can you describe how they look?"
- » **Touch:** Encourage the resident to touch their their bedding or pillows and describe the feeling.
"Can you feel the different textures of the [bedding/pillows/etc.]? What does it feel like? Can you describe it? Does it remind you of anything?"
- » **Smell:** Encourage the resident to smell their bedding if it's been freshly washed.
"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 making your bed 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!

