

## REMARKS: ROBIN GUY

### CHOICES AND PREFERENCES

#### **Why it is important for residents to have choice and preferences –what it means to residents**

- Allows us to live our daily life in the nursing home in the way that we want
- Let's us do what we want to do when we want to.
- Improves our life experience

#### **Examples of what choices/preferences are important to me**

One choice that is really important to me is getting up early in the morning. I like to get up early because I go outside early and can sleep, read or listen to my music in my chair.

#### **Why having choices and preferences honored and respected is important to me**

Getting up early is important to my quality of life. It makes me really happy to be outside early, listening to music. I smile more, I'm in a better mood, my attitude and morale are better - it makes my whole day better.

It upsets me when this doesn't happen.

### CARE PLAN AND CARE PLANNING

#### **Why care plan is important to residents**

Gives us control over our own lives; gives us a say in our care

#### **Why the care plan and being involved in the care planning is important to me**

I've been involved in my care plan from the very beginning. Being involved makes me feel more in control. I can say what I want that is important to me. I can also bring up things when I'm having a problem. The care plan and meeting give me a place to address my concerns

#### **Example of how I use the care plan to try to have my choices and preferences honored**

At one care plan conference, staff noticed that I had been happy all week. I said that was because staff were getting me up early. Everyone at the meeting was pleased, and we talked about how we could make that permanent. That continued for a while and it was wonderful.

I also use the care plan and care plan meeting when I'm having a problem. For instance, when I wasn't being gotten up early in the morning, I brought this up at my care plan meeting.

I've also used the care plan when I was being served food I couldn't eat. The dietitian was at the care plan meeting and I could talk to her right there about the problem.

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The requirements in the law and the regulations are strong. The fact that residents' rights to have their choices and preferences honored is in the law and the regulations is critical – that backs me up and gives me support in advocating to have those choices respected. Without the Nursing Home Reform Law, I'm afraid I might be left in bed all day.

When the law and regulations are followed, they protect me and help me live a better life.