

The Missouri Long-Term Care Ombudsman Program invites you to help us celebrate

National Residents' Rights Month!



Following is a list of activities you might wish to use in conjunction with this year's theme:

Bucket Lists

Complete interviews with residents to determine things the resident always wanted to do, but never had the opportunity. If facility staff cannot do the interviews, partner with a school, church or community group to conduct them. Work with individuals and community groups to make the wishes come true.

Examples: One resident always wanted to ride on a motorcycle. The facility found a person (safe and reliable) to take the lady for a ride, and she was thrilled! Another resident always wanted to visit Hawaii, so the facility arranged a Hawaiian-themed party for her.

Some wishes might take a little creative thinking, but you would be limited only by your imagination. Since you wouldn't want other residents to feel left out, there should be other activities for them and/or they could be involved in the planning and implementation of the bucket list activities for their neighbors.

Memories

For lifelong residents of the city/county area, help them recall and document their memories of changes to the community over the years. Obtain pictures showing before/after the changes to display, along with the resident's memory document. Local libraries, historical societies, civic groups, local government offices, and other community groups would be good contacts for pictures.

Find someone with display/craft/scrapbook expertise to help create displays, then hold an open house with light refreshments to allow community members an opportunity to talk to the residents first-hand about their memories. Set up displays throughout the facility to encourage interaction.

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Kid's Day!

For residents who are limited in leaving the facility, consider a Petting Zoo, miniature train rides, or other kid-friendly activities that family members would be interested in. Local 4-H clubs might be a good resource to help set up a petting zoo.

Provide treats, balloons, and other small items that residents can give to the kids as they wander around. This could be held in conjunction with one of the meal activities listed below.

Barbecue Dinner

Host a meal for the Public Safety personnel in your area—firefighters, EMS, law enforcement, others. Or make it a cooking competition among those groups with everyone invited to eat the final results! The facility and other community groups could provide side dishes and miscellaneous items. Have residents assist with cooking, judging, and other activities during the meal.

Chili Cook-off

Have the residents host a community-wide contest. Put them in charge of greeting attendees, have one or two provide a talk about the community and/or their new 'home' at the facility. They could also provide ideas for activities during the event.

Individual residents or teams could compete with a little help from family or friends, along with people from the community. Depending on numbers, this activity might need to be held outside the facility—at a senior center or other community building. It could be done on a small scale if necessary, or become as big as space and time allows. Again, the facility and/or community groups and individuals could provide side dishes and other items.

This could also become a fund-raiser by selling the chili or soup. Funds could be used for resident activities or other designated causes.

Progressive Meals

This option would probably take more planning and people to implement, but could be really fun. If you have an area where several facilities are willing to coordinate activities, it could go like this:

1st week of October – one home hosts "Happy Hour" with various drinks and appetizers;

2nd week – another home hosts "Soup and Salad";

3rd week – yet another home hosts the "Entrée";

4th (and final) week – Desserts!

At the final event, give prizes for categories such as Best Decorations, Highest Attendance, Best Food, and Most Fun! As much as possible, each facility's residents would be transported to the host facility each week—encouraging families and community partners to help with transportation when possible.

You can also review materials (including logo and full-color poster) on the national website at this link: <http://www.theconsumervoice.org/resident/nursinghome/residents-rights#Residents-Rights-Month>.