

Training Activity

Resident for a Day

Recommended Participants: Long-Term Care facility staff members or ombudsmen (with adaptation)

Type of Activity: Enhanced role play and sensitivity training

Explanation: This activity provides staff members with an opportunity to learn what it is like to live in a long-term care setting. You will need to have the full cooperation of the administration and staff of the facility in order for this activity to be a success. Each staff member will take a shift (whatever shift he/she normally works) and spend that shift living as a resident would live within the facility. Rotate this activity so that over a particular time frame, each staff member will have an opportunity to be a resident.

Each staff member participating should be given an assessment form that explains his/her condition and diagnoses. Care should be provided as needed according to the assessment and indicated care needs. Common age-related conditions can be simulated (for example: hearing loss = ear plugs). Be creative!

Adaptations: Simulate the following care practices so participants get the full experience of being a resident for a day.

- Medication pass - use skittles as pills
- Non-ambulatory - use wheelchairs and/or geri-chairs
- Assistance with toileting - must wait until staff is available to escort to the bathroom (no actual assistance need be provided)
- Special diet - make sure that some staff get to sample pureed diets, low-salt, and diabetic diets

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