

RK MacDonald Nursing Home

Visiting Handbook

Meaningful Moments



*People may not remember exactly what you said, or what you did. But,
they will always remember how you made them feel.*

Maya Angelou



Creating Meaningful Moments

Introduction

Visiting family and friends in a Long Term Care Home can be a very rewarding and joyful experience. Yet, at times, you may feel unsure about what to say or do during your visit. It is our hope that this handbook may be a helpful resource to you. Spending time together and enjoying the moment and change someone's days. And, particularly, enjoying the simple things in life together can help to create many meaningful moments.

Creating a network or circle of care for your loved one with family/friends who can spend time or give a call, can be vitally important and very supportive on their long term care journey.



Creating Meaningful Moments

Tips for a successful visit!

- Schedule your visit for the best time of day.
- Bring items of interest with you (i.e. family photos, family pet, and music to play).
- Talk with your loved one about community and family events. Just hearing your voice will bring comfort and keep them connected with the outside world.
- Bring their favorite foods and treats but make sure to check with their care staff about any dietary guidelines.
- Bring in a photos or an album and reminisce. They may enjoy just listening to your memories if they are unable to respond, this may spark a memory.
- Bring a book or poetry and read to him or her during your visit. Even a newspaper or magazine.
- Bring flowers from your garden.
- Include children in the visit.
- Wheel or walk about to favourite destinations in the home (i.e. gardens, solarium, green zone to see the plants and birds, chapel).
- Don't be afraid to laugh and share humorous stories. Bring funny cartoons and funny stories to share. Laughter is the best medicine!
- You could do a makeup session or fix their hair. You can bring pretty nail polish and do a manicure.
- Watch a movie or some you tube videos

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Tips for a successful visit!

- If your loved one is able to take a drive in the car, go on short outings.
- If not, please check with the main office about booking the wheel-chair accessible C.A.R.E. Van.
- Assist your love one with writing a letter or a card to a friend or relative.
- Bring items related to the season, such as pumpkins, poinsettias, spring flowers.
- Bring items to personalize their room (i.e. photos, artwork, calendars)
- Be ok with sitting together in silence. They may enjoy that just as much as talking.
- Sing some songs together.
- Share good news: an engagement, a wedding, the birth of a baby, children's milestones – first steps, first words, graduations, special achievements.
- Chat about a family member or a pet.
- Give compliments on new clothes or new hairdo.
- Talk about the weather and weather watch – great spot in the RK 4 seasons solarium.
- There are Resource Cabinets available in each care area with a variety of leisure resources available for your use while you are visiting (i.e. Cards, crib board, puzzles, coloring, rosary beads, holy water, games, & more). Please ask staff to show you where they are.

Communication Tips:

Visits can be a source of support and comfort and a way to stay connected with others. Creating a positive experience when visiting with someone with dementia can be easier and more comfortable, considering the following tips:

- Keep your tone and body language friendly and positive.**
- Pull up a chair and sit at eye level with your person.**
- Introduce yourself to ensure that they know you-
“Hi Grandma, it’s Joe, your grandson”**
- Don’t rush the conversation – give them time to speak or answer questions.**
- Go with the flow of their conversation – reality checks are not usually effective or positive. Just let things go! Don’t point out mistakes.**
- If harsh words are spoken, don’t take it personally.**
- Keep your loved one included in all the conversations.**
- Be okay with sitting in silence – they may enjoy that just as much as talking**

Let your loved one express their feelings and accept them.

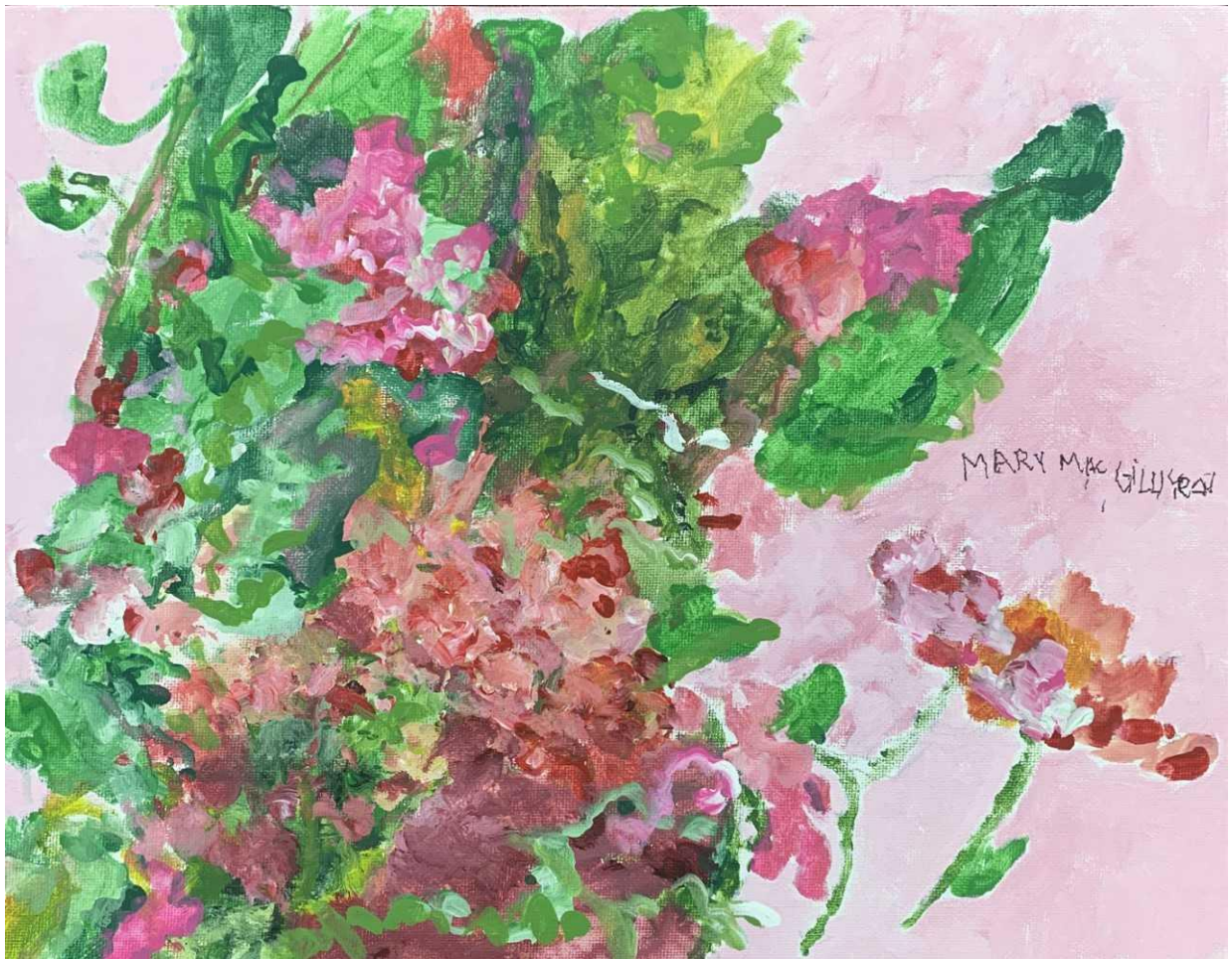
*They just need
someone to listen.*

*You don't have to have
all the answers.*

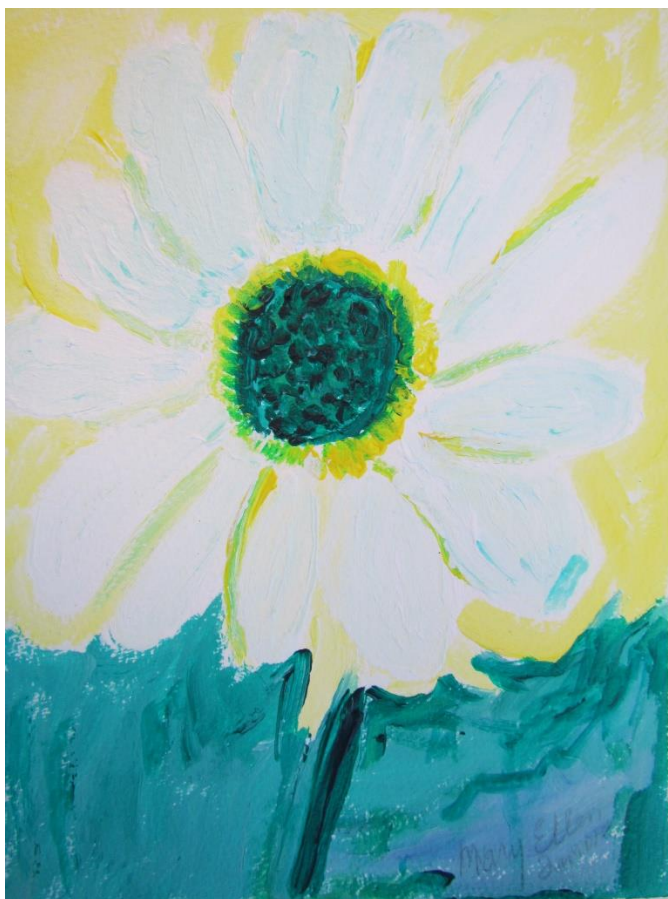
Your presence is present enough!

*Enjoy the time you do have and the tender moments
together.*

Make your visits joyful and pleasurable.



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