

Many residents are tired from recovering from an illness or are tired from ongoing physical therapy. Perhaps offering something relaxing they can do as an individual in their room would be appealing. Ask questions to find out if they read, do crossword puzzles, or enjoy watching movies. This information will help you better serve them. A handy cart with supplies such as note-cards, lotions, playing cards, DVD's, CD's, books etc. will allow you to vary your offerings and meet their needs on the spot.

Maybe they are just looking for someone to talk to on an individual basis or in a small group. Small group games or an individual interview could serve as a 'get to know' you for residents who are willing to share. Take the opportunity to allow them to learn or teach something. Trivia or story telling is almost always enjoyable to most people and can be an easy exchange.

Residents are concerned about healing and planning for when they are discharged. Family members often visit and discuss these issues. Suggesting areas in the building that offer nice surroundings and privacy outside of their room might be a welcomed change of scenery for these types of family discussions. Offer to set up snacks or music for a leisure and comfortable visit so everyone concerned will be comfortable, productive, and at ease.

Occasionally there may be a religious or entertainment activity provided during the rehab residents stay. Make these known to the resident and their families in the form of small event calendar rather than the monthly calendar we usually provide to the permanent resident. Their rehab stay can also include an experience the resident may enjoy along with their family members.

Offer information about the community in which the resident will return. Community programs, meals delivered, agencies, etc. This information is sometimes helpful, needed and wanted. Make sure you ask.

In summation we can see that our rehabilitation residents have different needs than our permanent residents. We can better support their goals if we ask, interview, and listen to what they are telling us. We want to partner with them by helping them heal and plan for their return to their home. Who knows...if they have a great experience and feel like your facility really supported their goals they may return someday if they need a more permanent stay.