**Helping the Residents within a Care Home setting**

**An Introduction for Scouts and Girl Guides**

**Welcome**

A warm welcome to you, as you make a connection with some of the most interesting people in our community. Each older person will have lived full and active lives. They will have known heartbreak and great happiness. They will remember the world when it was different, perhaps there was less food or money or clothing in their day. Thanks to all they did – as doctors, gardeners, farmers, postmen, our world today is better. We owe them now our respect and our greatest care.

**Confidentiality**

While you visit us, you may see people you know who are residents now. It is important that we don’t leave here and tell others who we saw, or what they were doing. When a person’s health begins to fail, they look to us to care for them and protect them and their privacy.

**Why are activities needed?**

Activities we do with our residents are as important as food or medicine for their well-being. When a person moves in here for care, they leave a lot behind them. They leave their home and most of their belongings. Activities give us chances every day to do things the residents enjoy, things which will make them happy and help them remember happy times.

It is thrilling for a lady in her 90’s to have the chance to discover she is good at painting, which she never had time to try in her younger days. It warms the heart to have a group of men in their seventies sit together week after week, enjoying a book being read to them, and waiting for the next instalment.

**Activities we do at the XXXXX Care Home in Enniskillen.**

We enjoy ‘move to music’ twice a week, which is chair based exercise, a lot of fun and with some challenges.

We have regular art groups with different themes and using different materials.

We are always keen to improve our garden, and we successfully grew some lovely vegetables this summer. We would encourage your input with this activity!

Activities can include any ‘nice time’ with a person. It might mean rubbing cream on a person’s hands, or reading them a story. It could be a drive to the shop together or bringing in a quiet puppy to visit the room.

**Reasons why a resident might not enjoy doing something.**

Do not be offended or sad, because a resident doesn’t want to listen to you, or take part in what you are doing.

Each person has their own frailties, they may have an illness we cannot see. They may be tired. We try again another day.

**Go forwards!**

Go forwards to these dear people and learn from them. They will enjoy you giving them your most precious gift – time.