

## ***Make Father's Day special for residents, staff & visitors***

Many Australians observe Father's Day on the first Sunday of September. It is a day for people to show their appreciation for fathers and father figures. Father figures may include stepfathers, fathers-in-law, guardians (eg. foster parents), and family friends. This is a special day for everyone thinking about their own fathers or celebrating being a dad. This includes your residents, their visitors & your staff.



## **10 fun things to do with someone in a nursing home or assisted living**

### **1. Keep them connected with family**

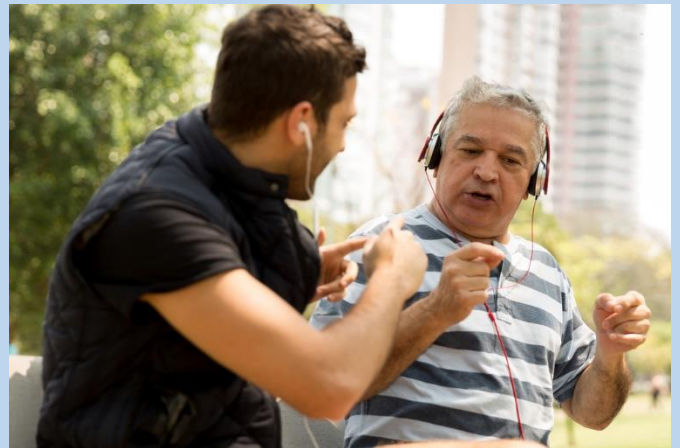
Encourage family members to bring children, teens, or someone who might feel too awkward to visit on their own. For family members who live far away, arrange video chats or phone calls so they also have a chance to virtually visit.

When bringing children to visit, encourage families to bring a puzzle, art project, or simple game so they'll have something fun to do with your resident. A shared activity helps them bond and keeps everyone happily engaged.



### **2. Enjoy music together**

Music has a universal ability to boost mood, reduce agitation, and increase happiness and engagement. Play residents' favorite songs or set up a simple music player so they can listen anytime. You could sit and listen together, have an impromptu sing along, or listen as they reminisce over memories from younger days.



### 3. Reminisce over old photos

Looking over old photos or videos is a great way to spend time together and strengthen your bond. You never know what stories or memories your older adult will be inspired to share. Photos are also a great conversation starters.

If you and your older adult would be interested in a project, you could even work on creating a family tree or family history – something that's both fun and meaningful!



### 4. Bring a furry friend along

Petting a dog or stroking a cat is a highly therapeutic activity. If your residents are animal lovers, they'd probably be overjoyed to spend time with an animal, especially a beloved family pet. Encourage family members to bring them!

Research has found that spending time playing with animals lowers heart rate, blood pressure, and stress levels. And in the long term, interacting with a pet can even lower cholesterol, prevent depression, and protect against heart disease and stroke.



### 5. Eat a meal or snack together

We all enjoy companionship when we eat. Whether visitors join them in their community dining room or take them out to a restaurant, sharing a meal is another way to bond with residents.

You could even jazz up Father's Day with a mock cocktail – add sparkling juice or bubbly water to lemonade, juice, or iced tea and put it in a nice cup!



## 6. Get some fresh air

You can also use the opportunity to help residents get some fresh air and exercise. Instead of staying in their room, take them outside to the courtyard or garden. That could mean walking slowly and supporting them as needed or pushing their wheelchair.

If your facility doesn't have a suitable outdoor area, walking around inside the building is still a great activity – and good for their health.



## 7. Take them on short outings

Going out can be a treat for someone living in a nursing home or assisted living. If their health permits, a wonderful thing for visitors to do for their older adult is to pick them up and take them anywhere they'd like to go.

They might enjoy going to religious services, the hair salon, a drugstore, or the shopping centre. Or, maybe they'd enjoy eating at favorite restaurants, getting some ice cream, strolling through a museum or park, or taking a scenic drive. You could also take them to visit nearby friends or family members.



## 8. Give a massage

Many people in nursing homes and assisted living would benefit from the therapeutic effects of touch. Some pampering may be a great way to spend Father's Day!

Visitors could bring some lightly scented lotion and give them a gentle hand or neck massage!



## 9. Read aloud

Another fantastic activity is reading aloud. It's a great way to connect and let them know how much you care without having to make a lot of conversation.

Reading aloud is especially good for older adults who are bedbound, not very responsive due to an advanced health condition, or those with vision impairments.

Encourage visitors to bring one of their favorite books and read a chapter or two each time they visit.



## 10. Watch a TV show or movie

Watching TV or a movie is something we often do with friends and family – why not encourage visitors to do it with their older adult? It's another way to spend time together without feeling so much pressure to make conversation.

If visitors have a laptop computer or tablet device and subscribe to a service like Netflix, they could watch whatever they like on-demand.



### Reference:

<http://dailycaring.com/10-fun-things-to-do-with-someone-in-a-nursing-home-or-assisted-living/>

*Happy Father's Day from all at OSCAR Hospitality!*