

# Staff instructions on how to use the Senior Friendly Resource Kit

## 1. **WHO** do I need to give a Senior Friendly Resource Kit to?

- ✓ Patients aged ≥ 65
- ✓ Patients who are able to **think clearly**\*
- ✓ Patients with **impaired thinking**\*\*

## 2. **WHY** is it important to give Senior Friendly Resource Kit to my patients?

- ✓ To keep their mind active or to prevent further cognitive decline
- ✓ To keep them oriented to place and date
- ✓ To provide information on what they can do to stay active and to prevent delirium
- ✓ So that they can inform staff about what is important to them
- ✓ To give them something to do or to prevent boredom

## 3. **HOW** do I support patients who can **think clearly**?

- ✓ Ask them to keep track of the date on the monthly calendar sheet by crossing out the day on the calendar at the end of each day. You can also gently remind them of the day and time in your conversations
- ✓ Encourage them to do the recreational activities (e.g. word searches, crossword, adult coloring)
- ✓ Ask them to complete *All About Me* form (tips on completing the form are at the back of the form) and post it at the bedside area for staff to view (with patient's permission)
- ✓ Encourage them to inform themselves about some of the things they can do for their health by reading the following resources: *Preventing delirium while in the hospital* brochure and *6 proven strategies to prevent delirium in older adults*

## 4. **HOW** do I support patients with **impaired thinking**?

- ✓ Post the monthly calendar in the place so that patient can easily see. Cross out the day on the calendar at the end of each day for the patient, with their participation
- ✓ Ask them what activity they would like to do and if they are unsure, select recreational sheets in the kit that patient might be able to do (e.g., adult coloring pages) and encourage them to use them
- ✓ Complete **All About Me** form (tips on completing the form are at the back of the form) and post at the bedside for staff to be able to view

## 5. **WHAT** additional items do I give to the patients?

- ✓ Crayons
- ✓ Pencil
- ✓ Ear plugs (*ONLY IF* patients are able to think clearly)
- ✓ Eye mask if patient is bothered by nightlight

If you require more kits please contact: ✓ Kelly Turner, Elder Life Specialist, **Juravinski Hospital**, ext.42801, email [turnerkel@hhsc.ca](mailto:turnerkel@hhsc.ca) or ✓ Shelley Prentice, Elder Life Specialist, **Hamilton General Hospital**, ext.76498, email [prenticesh@hhsc.ca](mailto:prenticesh@hhsc.ca)

\***Think clearly**; patients normally know their name, current date and the reason for their hospitalization. \*\***Impaired thinking**; patients are having trouble remembering their name, the current date, current location (i.e. hospital) and the reason for their hospitalization.