

**10 minutes prior to the webinar,
please gather participants together to do this exercise
December 5, 2012**

LEARNING EXPERIENCE: THE IMPORTANCE OF DEDICATED CAREGIVERS

Overview:

This exercise personalizes the experience of receiving care so that the importance of consistent caregiving can be understood from the resident's point of view.

Material:

Straws, pitcher of water, and cups – enough for each participant

Process:

Count off 1, 2 so that everyone is either a 1 or a 2.

“1's” are now nursing home residents who have no use of your arms or hands.

“2's” are now CNAs.

Every “1” – nursing home resident - needs a CNA. CNAs decide which resident you will take care of. If there is an odd number, one CNA will have 2 residents.

CNAs help your resident to drink. Residents, try to drink several sips to get the full experience.

Now reverse roles so that everyone has the experience of being helped to drink.

Debrief:

Share among yourselves what it felt like to be helped to drink.

Discuss what difference would it make in receiving care to have the same caregivers compared to how it would feel to have changes in who takes care of you.

Comment:

Please share your experiences in the chat box as you sign on to the webinar. While waiting for the webinar to begin, scroll through and read what others write about their experiences.

