

WHO AM I CARING FOR?

INSTRUCTIONS

Most organizations have a record of personal information for everyone in their care which may include their likes, dislikes, routines, talking points, and other helpful information. This record is typically called Activities of Daily Living. If your organization does not keep a record like this, consider using the Activities of Daily Living template.

Referring to your organization's Activities of Daily Living, use the guiding questions to facilitate a group discussion.

Template available at: www.safecarebc.ca/safetyhuddles

AFTER THIS HUDDLE

Staff should:

- Be able to build stronger relationships with the people they care for.
- Keep Activities of Daily Living information up-to-date.

NOTES TO THE HUDDLE LEADER

- Consider asking staff to complete their own Activities of Daily Living template to post in a staff common area to help build positive relationships between co-workers.
- This is a good opportunity to encourage a constant open dialogue about the people who are in care. This will help staff stay up-to-date on changing needs so they can provide the best care possible while promoting a sense of teamwork.

WHO AM I CARING FOR?

What brings me joy (e.g. things that make me smile or laugh)	What brings me comfort (e.g. things that calm me or make me feel better when I'm upset. Includes pain management.)
Who is important in my life (e.g. family, friends)	What gives me purpose (e.g. what brings meaning to my life)

GUIDING QUESTIONS

- Where can you find the Activities of Daily Living for a person in your care?
- Why is it important to keep the activities of daily living information up-to-date?
- Can you think of a time when you used the activities of daily living information to guide your approach with someone you care for? Share one of your success stories.
- If you were to fill out your own activities of daily living form, what would you want it to include?