



THINGS TO DO: (Always keep in mind HIPAA regulations and connect with staff when you have questions.)

When visiting your LITA friend, there are many things you can do to enhance your time with them to deepen your experience and relationship.

Bring tangible things in to share, touch, see and hold. Think the five senses. It stimulates the brain and helps deepen conversations and memory.

- DO:** Bring photos of family and friends doing favorite activities, travel photos, postcards, maps and souvenirs. Magazines with large pictures of things your friend has expressed interest in. Listen to music together. Create a play list on your iPhone of favorite music. Bring in laptop and watch a favorite movie. Play crossword puzzles together. Read newspapers, books, or poetry. Write letters and help with correspondence. Share your hobbies. Bring in a musical instrument for a mini concert or sing with your friend. Bring seasonal items in: fall leaves, pictures, ornaments, holiday fun. Bring things in to hold that have texture: play dough, clay, squishy balls, etch e sketch, etc. Play board games, cards, bingo (do modify games if needed). Example: A friend with memory issues may not understand numbers, but could still play bird bingo.

Do find out when your friend has a birthday and celebrate.

DO REMENISCE: It is a good way to connect and encourage conversation. Do bring in pictures of antique children's toys, older fashion pictures, songs. Do talk about memories. Record or write them down. Do ask to see pictures of your friend growing up if they have them.

DO REMEMBER HIPAA REGULATIONS when thinking about bringing in food or flowers with a scent. Always ask the activity director or nursing staff if you want to bring anything that a resident or resident's roommate could be allergic to and cause health issues. (When in doubt...don't.)

DO GET PHYSICAL- ALWAYS ASK STAFF BEFORE DOING THE FOLLOWING:

Walk around the facility. Sit in the outside area. **(Always ask staff to move resident from bed to wheelchair.)** Massage hands with scented oil. **(MUST ASK-BUT SO BENEFICIAL.)**

Do have lunch or a meal with your friend- while they eat facility food, you can bring in a sandwich for yourself. **Never share food without an okay from the nurse or staff.**

DO INCLUDE OTHER RESIDENTS- Share a table with another resident, include the roommate in conversation, and attend facility activities together.

MOST IMPORTANT - LISTEN