

Supporting the Hospitalized Older Adult

I WANT TO PROMOTE... I CAN DO THIS BY...

1	ORIENTATION	<ul style="list-style-type: none"> · Be sure date is accurate on the white board · Update calendar · Have conversations that include discussion around day (“today is...”), time (“the time is...”) and place (“we are visiting at PRHC...”) · Provide reminders of where the call bell is, and ensure it is in arms reach
2	HEARING & VISION SUPPORT	<ul style="list-style-type: none"> · Ensure glasses are on and clean · Ensure hearing aids are in and in good working order · Ask healthcare team for hearing aid support, such as hearing amplifier if necessary
3	MEAL SUPPORT & HYDRATION <i>Check with healthcare team for any limitations with food or drinks before offering to patient</i>	<ul style="list-style-type: none"> · Ensure dentures are available and used as much possible, especially when eating · Provide reminders and encouragement to eat and drink when appropriate · Cut up food, opening cartons, setting up/ arranging meal tray · Assist with feeding if required
4	MOBILIZATION	<ul style="list-style-type: none"> · Check white board/posters for ambulation status · Encourage the completion of exercises prescribed by therapy team (bed exercises, seated exercises and standing exercises) · Provide reminders to use mobility aids, and ensure aid is in arms reach when leaving patient alone · Ensure appropriate footwear is on or gripped socks · If safe to do so, go for walks (be sure to follow current COVID-19 protocols) · Bring in clothing from home for your loved ones and support them in getting dressed
5	SLEEP HEALTH	<ul style="list-style-type: none"> · Try to keep awake during the day to promote good day/night sleeping cycle · If rest is required, provide gentle hand massage, ear plugs if appropriate (available from healthcare team), offer a warm non-caffeinated drink (if no fluid restrictions) · Ask your healthcare team whether you can take your loved one off the unit for a change in scenery or outside for fresh air and natural light · Open blinds during the day and close blinds at night
6	THERAPEUTIC ACTIVITIES	<ul style="list-style-type: none"> · Play music, provide reading material, play cards, do puzzles, bring in photo books of familiar places and faces