

Title: Group Exercise: Daily Pleasures

Description: Most of us would say we are shaped by the meaning and purpose that we infuse into our lives – whether about faith, family, community. While these values guide and motivate our progress in life, it is often the small pleasures in daily living that help us get through the day. This exercise focuses on those daily pleasures.

Instructions: For exercise with nursing home staff (45 minutes)

Step One (5 minutes)

Choose a leader, process coach, timekeeper and scribe.

Step Two (5 minutes) **General discussion about daily pleasures**

Leader: Have a general discussion. Ask: What are some of your pleasures of daily living?

Process Coach: Encourage everyone to share. Gently suggest moving to the next person if someone becomes so engaged in the topic that they monopolize the conversation.

Step Three (15 minutes) **Visiting with residents**

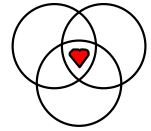
Leader: Ask participants to go out into the facility and sit down with a resident and ask him/her about his/her daily pleasures before coming to live here. Explain that we're learning to become more person-centered—more aware of the residents and their lives. Ask what little things they liked to do at home each day. What were those simple pleasures? Suggest that they ask for the resident's permission to share the pleasure.

Step Four (20 minutes) **Learning circle**

Leader: Have everyone sit in a circle (best if not around a table). Ask for someone to share a resident's pleasure that was discovered. Continue around the circle until everyone has shared, then open for group discussion. Could we make some of these pleasures happen? How?

Scribe: Make notes if the team desires. The 15-minute interviews with the residents can actually be charted as one-on-ones if notes are taken. Provide the notes to the activities director following the meeting so they can be charted appropriately.

Timekeeper: Work hard to help the group complete its project within 45 minutes.



For exercise that includes a dialogue with residents (15 minutes)

Step One (5 minutes)

Choose a leader, process coach, timekeeper and scribe.

Leader: Have everyone read the instructions.

Step Two (5 minutes)

Leader: Ask participants to share one of their daily pleasures. Share your daily pleasure as well.

Process Coach: Participate as a member and share your daily pleasure, but also try to pay attention as to whether everyone understands the instructions and is engaged in the process.

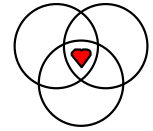
Timekeeper: Participate as a member, but watch your time and let everyone know when there is one minute left and when to move to the next step.

Step Three (5 minutes)

Leader: Encourage participants to choose the most difficult pleasure to make happen for a resident in a nursing home. Everyone should participate in “care planning” this pleasure.

Scribe: Please take notes of the care plan and be prepared to share with the full group.

This material was prepared by the New Mexico Medical Review Association (NMMRA), the Medicare Quality Improvement Organization for New Mexico, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 8SOW-NM-NH-06-20



Daily Pleasures Exercise – Resident Interview Worksheet

Resident: _____ Room: _____

Interviewed By: _____

Ask the resident if you can take a few minutes to ask a couple of questions. Explain to the resident that your team is trying to find solutions to make daily life at your facility more satisfying. Together you are all learning how to become more person-centered in your approaches.

Say something like:

We all have “daily pleasures” that help us get through our day – things that are important to us – that make our day unique – it could be that first cup of coffee in the morning, walking our dog, working in the garden, or some quiet time for prayers/spiritual reflection.

Before you came to live here, what were some of your daily pleasures?

Are you still able to do that daily pleasure here now that you live here? If not, why not?

Thinking about the little things in your day, what do you enjoy the most each day?

What are the little things that would make your life more enjoyable?

Is there anything we could do, as a team, to make your life happier?

Would you be willing to attend one of our team meetings in a few weeks to talk about this and help us come up with solutions?