The Senior Snippet



Residents living in a long-term care facility have the right to visitors, as well as the right to refuse any visitors.

Studies show visitation improves quality of life for patients and residents. Regular visits prevent residents from feeling depressed and isolated and often enhance their initiative to rehabilitate aggressively to return home sooner.

In addition, regular visitation tends to improve the quality and level of care the resident receives. Facilities tend to give more staff time to residents who have regular visitors to observe whether the care being provided is sufficient.

The elderly have a wealth of knowledge that all of us may benefit from. In sharing their wisdom and knowledge, seniors might feel a renewed purpose, freedom from boredom or increased vitality. These positive feelings might be increased when a senior shares an interest or passion, such as fishing or a craft like sewing.

Things to remember when visiting seniors in a nursing home:

- —Keep your promises. If you promise to visit your loved one, make sure you do, otherwise the nursing home resident will be disappointed. If you need to reschedule your visit, be sure to call the nursing home.
- —Knock before you enter the room. Your aging loved one's room in a nursing home is considered his or her individual home. It is important that you respect their privacy and living space. Be sure to knock and ask permission before you enter. If the nursing home resident is unable to respond, be sure to announce your name before you open the door.

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