

**A Gentle Moment Training**

This is an interactive training designed to give the caregiver a feeling of what it would be like to be a resident in an Assisted Living home. The training will have the caregiver experience being fed by someone and being approached and touched suddenly. The training will encourage group discussion and participation by all those attending. The trainer will present the following steps in order and encourage group discussion. Have all participants sign the A Gentle Moment Sign In Sheet to get credit for The Cottages Memory Care Program.

1. **Have all participants get into teams of two. They will need to be sitting in chairs that can be moved easily and facing each other.**
2. **Have each team designate which person will be the resident and which person will be the caregiver in this exercise.**
3. **Ask the participant that is the resident to shut his/her eyes.**
4. **Hand out clothing protectors, spoons and a small food item such as applesauce, pudding, or yogurt.**
5. **Ask the participant that is the caregiver in this exercise to put on the clothing protector as he/she would with a resident.**
6. **Ask the caregiver participant to begin feeding the resident participant just like they would a resident in the Assisted Living home. Allow exercise to continue for 5 minutes or until food is gone. Make sure the resident participant keeps his/her eyes closed through exercise**
7. **At the end of the exercise, ask the participants how it felt to be fed by someone: Was it comfortable? Were they able to eat at their own pace? What did that do to their feelings of pride and independence? Try to get everyone to speak and participate in the discussion and encourage sharing feelings.**

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**A Gentle Moment Training**

**(Part 2)**

1. **For part 2 of the training, have the participants switch roles- have the caregiver become the resident and vice versa.**
2. **Have the resident participant shut his/her eyes and sit in a chair that can be easily moved.**
3. **Have the caregiver participant watch the trainer who will give the following directions silently.**
4. **The trainer will silently demonstrate and direct the caregiver to approach the resident participant from behind and silently tap the top of the resident’s head. Step back from resident.**
5. **The trainer will silently demonstrate and direct the caregiver to approach the resident participant from behind and silently reach around and tap the top of the resident’s thighs. Step back from resident.**
6. **The trainer will silently demonstrate and direct the caregiver to approach the resident participant from behind and silently reach around touch the resident’s nose. Step back from resident.**
7. **The trainer will silently demonstrate and direct the caregiver to approach the resident participant from behind and silently reach around and tap the resident’s belly. Step back from resident.**
8. **The trainer will silently demonstrate and direct the caregiver to approach the resident participant from behind and pick up the back of the resident’s chair an inch or so and drop it. Step back from resident.**

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**A Gentle Moment Training**

**(Part 2 continued)**

1. **At the end of the exercise, ask the participants how it felt to be approached by someone suddenly and with no warning of what they were doing: Was it comfortable? Did they enjoy the experience? What did that do to their feelings of personal space and boundaries? Try to get everyone to speak and participate in the discussion and encourage sharing feelings.**
2. **End the exercise by discussing the importance of understanding the feelings of helplessness and dependence that each participant felt when he/she was in the role of the resident. Will this experience change the way they feed a resident? The way they approach a resident? How about the way they talk to a resident? Is this exercise something every caregiver should go through before they care to resident? Encourage group discussion and participation. Make sure all participants sign the sign in paper.**

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