

## Person-Centred Care in action



The nursery before



The nursery after

### Nursery Creates a Space for Stimulation and Interaction

The new nursery at Strathcona's Harvest House is not just a redecorating project. "The intention was to give people a place to go, to stimulate memories, and build relationships," says Liz Tanti, Site Director at CapitalCare Strathcona.

The idea started with Care Practice Leader Renee Rhodes who was looking for a way of creating person-centred spaces for stimulation and interaction. She brought it up at a resident/family council meeting.

Karen C.'s mother Lorraine had been a resident of Harvest House for about three years. Karen says it was heartbreaking for her to visit and find her mom and other residents with nothing to do, just staring at blank walls.

Karen went home from the meeting and made a post to a Facebook page of local moms asking for donations of baby gear for the project. The response was overwhelming; it took only four days from the time the idea was introduced to acquiring everything

needed to set up the room.

Residents immediately started interacting with the babies, and with each other. One resident, Verna S., does not speak much, but she will sit holding her baby for hours at a time and interact with staff or other residents. Karen says she hasn't seen residents interacting with each other the whole time her mom has been at the centre.

Renee says she thinks the babies and the nursery have reached residents at the level of their feelings. "They may not be able to remember what they are supposed to be doing, but they instinctively know how to be around a baby."

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