

WHAT LIVING AS A RESIDENT CAN TEACH LONG TERM CARE STAFF: The Power of Empathy to Transform Care

*Sympathizing with someone,
that's the easy part. To really be able
to learn empathy, you have to be
willing to walk in their shoes.”*
– Leslie Pedtke

“Loneliness does not come from having no people around you, but from being unable to communicate the things that seem important to you.” Carl Gustav Jung, Swiss Psychiatrist and Psychoanalyst

- Be the person that is willing to take a risk to change the culture of your community.
- Be the person who is committed to making a difference where you are.
- Be the person who stops leaving for the place that has better staffing, a bigger budget, or a more modern environment.
- Be the person who treats the problem, not the symptom.

THROUGH THE LOOKING GLASS RULES:

- Contestants must replace themselves on their work schedule for the duration of the time spent as a person in the nursing home.
- Contestants may not leave the premises unless it is on an outing sponsored by the nursing home. If a contestant needs to leave it must be approved by the Administrator and their time gone will be taken off total time stayed.
- Based on bed availability – it is preferred that All contestants participate at the same time.
- Contestants must simulate the diagnosis drawn when they move in. Refusing to participate fully may result in disqualification from the contest.
- Contestants agree to daily “challenges” to simulate life in the nursing home.
- Contestants agree to keep a journal and be videotaped for the purpose of education and training.
- Contestants agree to participate in educational programs.
- Contestants will be paid for the time they would have been regularly scheduled.

