

## Person centred activities at Sonya Lodge Residential Care Home



It is so important to recognise each of our residents' strengths, needs and preferences and then act accordingly here at Sonya Lodge Residential Care Home. Each resident should always be treated as an individual and one of our greatest tools to do this is by building rapport.

Our staff pride themselves in their rapport-building abilities with our residents and it is wonderful to see the relationships and interactions blossom as a result.

*With building rapport and treating each resident as an individual, we learn so much about our residents (and ourselves!) and are able to tailor specific activities to residents' immediate needs to boost their self-esteem and wellbeing.*

Some examples of these special activities are providing an impromptu manicure over a cup of coffee to boost self-esteem, or dancing together while reminiscing over years spent dancing competitively.

June needed a boost in confidence and self-esteem to complete a craft activity. She used to love doing craft activities but had been finding them difficult more recently. But with some **one-to-one support and encouragement** she was able to not only make herself a beautiful beaded necklace, but was also able make one for her friend Beryl as well, which was so wonderful to witness.











