

By Chris, The Cedars in McPherson

At first going through culture change is a cool idea and then when it actually happens it is scary. Here we are trying to do our normal care and then learn how to incorporate so many other things and then it stresses you out. You don't think that you can do it. You take a breather and step back and look and see all the things that you helped to achieve and it almost takes your breath away. To just think that a couple years ago we knew that the residents had rights and we still did what we thought was right at the time. We told them when to get out of bed, when to take a bath, when to eat and such. Hello that is not home. The place we work is where they choose to live the rest of their lives at and we are telling them what to do! You know they say 'home is where the heart is' and to many years have passed where they haven't had the chance or we haven't listened to what they want. With culture change came a lot of stress and extra duties. It has not made our job easier but more worthwhile and meaningful. We get to slow down and get to know them as a person and not just another duty. We now have the chance and opportunity to let them do pretty much whatever they want. They can sit and watch TV., they can have ice-cream, they can shower and go to bed and get up **WHEN THEY WANT**. This whole process has reduced the number of behaviors. People are eating better and taking more initiative in their own cares. They are more verbal about ideas and the things they want. We can provide 'special' meal for them. We get to make their birthday cakes and it is their choice on the kind they want. We have also changed to nursing lingo. From patients to residents to now where we refer to them as Elders. They still yell and tell us that we can do better and that we have no idea what the heck we are doing, but you know if you sit down and just talk with them you will find out that they are a lot happier and more content and they just like to take charge of their life and let's be real who does. I am so excited that it went from what works better for us to what works better for them. This is their home and they deserve to have the same respect here as if we were to knock on their front door and go into their home. Like I said 'Home is where the heart is' and I think that the Nursing community has finally rounded all the bases and hit **HOME**.