

Problem/Need/Deficit/Strength

Adjustment to Aging, Loss, Separation and Placement

The resident was admitted to the facility two weeks ago and appears to be experiencing a difficult adjustment. Her distress is **related to** the recent life transition she has experienced. The distress is **evidenced by** statements such as, "I miss my family, especially the little boys [grandchildren]." She has spent most of her time alone in her room. When she talks to staff she often says "I don't like the food," but her family indicates she actually does like the food. It seems she expresses loss of control feelings by talking about food. She presently is channeling her own anguish and despair into statements that are critical of staff members and the food.

Goal

The resident will talk about and express how she feels about living at Friendly Manor 2x/week during the group session by...

Approaches

1. Adjustment and Well-Being Group. (MH)
2. Introduce the resident to her peers in the group setting and welcome her to the facility. Help her identify peers by name and especially introduce her to others who have common interests. (MH)
3. Explain that the group provides a forum and an opportunity to express thoughts and feelings that are often difficult to verbalize. (MH/SW)
4. Do not pressure her to speak. Ask her to join in when she feels ready. When she seems at ease, ask her directly how she feels about being in the facility. (MH/SW)
5. Remind the group that feelings are important and are welcome discussion topics in the session. (MH/SW)
6. Allow the resident the opportunity to express her feelings during social work visits and appropriate activity programs. Assure her that she will always have a friendly ear to talk to. (ACT/SW)
7. Encourage the resident to join empowerment-oriented activities (i.e., Resident Council, Safety Committee) to help regain a sense of control. (ACT)