



Nursing Home Visit Tips

How are elderly people different from you?

- They've lived a lot longer!
- Weaker muscles and fragile bones need canes, walkers, and wheelchairs to stay active, keep balance, and avoid falls.
- Older bodies move slower and are tired like you are after playing all day.
- Forgetfulness happens because the brain is a muscle and gets worn out too. Some elderly people can remember things from the past (called long-term memory) but forget things that just happened (called short-term memory).
- Glasses, hearing aids, and dentures help when eyes, ears, and teeth don't work well anymore.
- Soft foods are easier to eat, and drinks with fiber help with going to the bathroom.

How are elderly people the same as you?

- They used to be kids!
- They feel happy, sad, lonely, and enjoy time with family, friends, and visitors.
- Getting dressed can be frustrating. Especially buttons and shoelaces.
- Resting during the day helps them feel better.
- Reading, being outside, and taking trips to the store are fun activities.

Why is it important to know about elderly people?

- Every person, whatever their age, is valuable and needs to know they matter.
- Just saying "Hi" to an elderly person shows they are seen and important.
- Just like you get bored or sad when your buddies aren't around, elderly people can be lonely.
- A fun, energetic kid like you can make their day.
- BONUS: you'll have a new (old) friend!
- It's a long way off, but someday you will want kids to visit you too!



Take a Fun Visit to the Nursing Home!

A parent, grandparent, or teacher can help you schedule a trip to the nursing home. Ask the staff what activities you can do with the residents. Some might include:

- Puzzles
- Crafts
- Reading books
- Board games and cards
- Singing songs
- Gentle exercises like passing beach balls or balloons with your arms and legs
- Talking and asking questions
- Holiday visits are especially fun with a costume parade or caroling.

What to Expect at the Nursing Home:

Just like going anywhere new, you might be nervous on your first trip to the nursing home. It helps to know what to expect.

You might see:

- Elderly people and those who need to recover after a hospital stay
- Residents walking back and forth in the hall for exercise
- Wheelchairs, walkers, and special beds
- Neat old photos
- People eating with bibs on to keep their clothes clean from spills
- Interesting hobbies like crocheted items or stuffed animal collections

You might hear:

- Fascinating stories about the past
- Sounds from people who can no longer talk
- People repeating themselves or sentences that don't make sense
- Appreciation of how special your visit has been

Childcare and Nursing Homes Combined!

Some kids visit nursing homes, while others spend their days in one! Centers that take care of children and elderly people in the same building are called Intergenerational Living Centers, and they're becoming more popular.