

What To Do & Not To Do When Volunteering In A Nursing Home

What You **SHOULD NOT** Do While Volunteering In A Nursing Home

1. Don't cross over the line into Nursing Service.
2. Don't tell aides or nurses what to do.
3. Keep medical opinions to yourself.
4. Don't render any kind of physical service such as getting a resident out of or into bed or a wheelchair, taking them to the bathroom, or dressing them.
5. Don't enter closed doors without knocking.
6. Don't take residents out of the facility without proper authorization.
7. Don't take money from a resident for your visit.
8. If you bring food or snacks, make sure the resident(s) isn't diabetic or has some other restriction on what they can eat.
9. Don't talk about YOUR problems.
10. Don't be alone in a closed room with residents of the opposite sex. Be wary of situations that could be misunderstood and avoid them.
11. **DO NOT** bring medicines of ANY kind.

What You **CAN** Do While Volunteering In A Nursing Home

1. Listen, Listen, Listen!
2. Bring a book to read or a movie to share with a resident(s). A Bible is always a good choice.
3. Greet everyone you see and make physical contact with a handshake or a hug.
4. Offer to take a resident outside to sit and talk on a pleasant day. Let the staff know what you're doing and where you'll be sitting.
5. Adopt a resident with no family and be their family for "family days".
6. Bring gifts or snacks but bring enough for everyone or give them to a single person in private. (See number 8, above). Bring alternative foods for differing dietary needs. For example, if you bring cookies, bring fruit for those who are diabetic.
7. Offer to provide needed items such as toiletries, craft materials, reading/writing materials, or personal needs.
8. Write a letter for a resident who no longer has the ability.
9. Do some light housekeeping if needed (fill water pitchers, straighten the room, water plants, etc.).
10. Bring room-brightening pictures, decorations (especially seasonal) and calendars.
11. Don't be in too much of a hurry. Take time to get to know people. If your schedule doesn't permit visiting many residents, ask the staff who doesn't get visitors and visit that person.

