

# Nursing Homes and the Elderly

Good morning (Afternoon) judges, teachers and fellow students. My name is Michael-Anne and I am here to talk to you about Nursing Homes and the Elderly.

We come into this world as babies and as the years pass we turn into adults then one day elderly. On many occasions I've visited Iler Lodge on my mom's days off. I've learned a lot about the elderly through these visits. The elderly have many different emotions just like you and I. Sometimes they are sad, happy, mad or even might be silly. Residents love to be shown affection. The residents love kids and animals. They have a dog it's a German shepherd. His name is Teddy, all the residents

love him. They enjoy conversations with other people, sometimes not being able to speak to us, but their facial expressions say it all. The elderly sometimes look different. It's not nice to make fun or stare. Elderly have more wrinkles, their ears and noses are sometimes bigger. Their skin can have more bruising. Some residents need to wear a hearing aid or are blind. We need to remember this and be patient.

Residents need every day care. Some residents need little care, while others need full care. Some examples are bathing them, brushing their teeth and hair cutting and cleaning nails and toe nails, dressing them, cleaning ears and feeding them. Some elderly can feed themselves or they need

Someone to feed them. One time when I was helping my mom feed a resident he fell asleep. I washed his face and helped my mom push him back to his room. The texture of the foods depends on choking or swallowing problems. The kind of foods they have are puree, minced, and regular.

The residents have activities. My mom and I have taken off nail polish and painted on a new colour. When I was having a conversation with a lady while doing her nails she kept asking me, "How old are you?" "What's your name?" again and again. I think she may have Alzheimers. We've helped the elderly with bingo, looked for the numbers and been their ears. I've helped my mom push wheelchairs or helped

residents walk with their walkers, so they don't fall to an activity.

In conclusion, residents in nursing homes are someones parents and grandparents.

It's sad to say they are sometimes forgotten.

I'm here to remind you they are special like you and me, so please let's not forget them.

Thank You