



Sun Spot

Administrator:

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Our Best Practice takes a small area and makes it into a “sun spot”, a cozy place to sit and visit and enjoy being at home. We are a small, older home with little extra space available for small, private conversations or visits. Since many older homes have alcoves built in for things like the linen carts or soiled linen barrels etc., we turned one of these areas into a “sun spot”.

The original idea was to provide a space for our younger residents to sit and maybe play cards or visit with one another or family. We wanted something other than the dining room (which usually has other residents) or their room (most of them semi-private so a roommate is usually present).

We have been pleasantly surprised with our “sun spot”. It has been quite the conversation piece. Within the first hour of finishing the “sun spot” one of our younger ladies had rolled up in her wheelchair and was working a word find puzzle. I engaged her in conversation and she told me she loved the new sitting area because it reminded her of her house. She shared with me she liked the way it was decorated and those were the kinds of things she liked at home. She said “I feel like I am in my home, it is comfortable here”. Later on in the afternoon of the first day, we had 2 of our male residents sitting and talking. One younger man in his wheelchair had rolled up and was in conversation with an older man who had moved in about the same time. They were sharing their rehab stories and reconnecting. Their rooms are not near one another but the “sun spot” created a connection. On day 2, we added a magazine and newspaper to the area and off and on during the day various residents were relaxing and reading and enjoying the new space. On day 3, one gentleman pointed to the “sun spot” and said “I sat there last night and read that magazine”. As families and staff have walked by, many have said things like---I think I’ll use that area to take pictures of the family when they come to visit, what a great spot to come for a change of scenery, oh this looks like a happy place etc. The staff on the hall is so excited to have the “prettiest place in the building” on their unit. The housekeeper told me she would take good care of the “sun spot” because she could already tell it would be getting a lot of use.

We submit our Best Practice as an offering to other homes that are older and challenged for space. We are all trying so hard to “create homelike environments” and most of us are unable to do this with new buildings or expensive renovations so we have to use what we have. Is this an “unusual resource”? Maybe it is. How many people consider the cubby in the hall that stores barrels and linen carts to be a “sun spot”?