



## We Care Group

### **Administrator:**

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When someone comes to a nursing home for long term care or for rehabilitation, the adjustment can be difficult and frightening. In an effort to calm those fears our residents started the We Care Group. The purpose of the group is to ease the transition into a nursing home by making new residents feel welcomed. The We Care Group delivers care packages with toiletries and a welcome card to new residents. In addition to the care packages, the group tracks birthdays and will send a birthday card. If residents have been hospitalized they will send a get well card or flowers. The We Care Group is a resident lead support group with the sole purpose of providing comfort and joy to others.

Our best practice addresses the fear and discomfort associated with coming to a nursing home. Whenever someone experiences something new there is always some anxiety. The We Care Group provides comfort to new residents which helps ease their anxiety. The primary purpose of the group is to promote socialization and help new residents avoid feeling isolated after moving to a new “neighborhood”.

The We Care Group is composed of long term care residents. Short-stay rehabilitation residents are encouraged to participate; however, the group is lead by long term residents. In order to participate, individuals must be able to follow commands and communicate with other residents. Each month the group meets and plans for the next month. They make gift baskets with toiletries such as baby powder, toothbrush, toothpaste, brush and lotion. They will organize birthday cards for anyone celebrating their birthday the next month. They also prepare get well soon cards in case a fellow resident is hospitalized.

Everyone wants to be loved and accepted and that is exactly what our best practice aims to accomplish. We know we are impacting our residents based on comments from family members and residents. One resident commented, “I really liked seeing the welcome sign, and I really appreciate it.” Before the We Care Group was formed, new residents were not identified in any special way. Since the formation of the group, all new residents receive a care package, visit from a member of the group and a welcome banner with balloon on their door at arrival. Our group has impacted the residents who are participating in that they feel a sense of accomplishment and well being, knowing that they helped someone else.

Our best practice is innovative and excellent because the simple gesture of reaching out and saying welcome can change the outlook of a new resident from fear and anxiety to one of feeling loved and comforted. This activity does not require a lot of supplies or expenses just a little love and support from one resident to another. The simplicity of our activity makes it easy to implement. Since it was proposed by a resident we know it impacts others because who knows the feeling of loneliness and isolation someone may feel better than a resident that has been through this. Our best practice demonstrates how much a little kindness can do to help others through a difficult time.