

GUIDELINES FOR THOSE WHO ADOPT CENTENARIANS

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Thank you for participating in our "Adopt a Centenarian" program; we suggest these guidelines:

1. FOR CENTENARIANS IN THEIR OWN HOME:

A. Call the residence to set a time for your visit. Ask if there is anything you need to bring in the way of household or food items.

B. When convenient, take a seasonal gift. Be sure centenarian is not diabetic if taking sweets. Remember to send a card for all holiday celebrations.

C. Phone family member (if known) periodically to check on the centenarian or call the person directly.

D. Let me know when the centenarian is in the hospital or ill. My number is 918-510-0150, or you may call the office number 918-743-1303 and leave a message. A card will be sent.

E. Attend special events for centenarians whenever possible.

2. FOR CENTENARIANS IN NURSING HOMES:

Try to visit at least once a quarter or more often if your schedule will permit. Stop by the nurse's desk to see if there is anything you need to know about the centenarian before entering the room. Always knock on the door before entering.

Follow guidelines B, C, D, and E above.

3. GENERAL GUIDELINES FOR ALL VISITS:

A. Introduce yourself when you enter the room and tell/remind the centenarian that you have adopted him or her and are a friend.

B. Understand that interruptions may occur because of the centenarian's confusion or personal needs.

C. Keep eye to eye contact so that the person can hear and see you. Don't tower over the person or sit on the bed. Pull up a chair or bend down so that your head is level with the person.

D. A handshake or tender hug gives assurance that you care and accept this person. You might want to ask "do you mind if I give you a hug?" or "may I hold your hand?" Sanitize our hands before and after the visit.

E. Know when to leave; don't overstay your visit. When conversation seems to subside, that may be a clue to depart. Good conversational questions/comments: tell me what it was like when you were 15 (or 35, etc.)... where have you traveled/lived...what is your secret for living to be 100... what is your favorite food to eat...changes in your lifetime...tell me about your career, or family, or hobbies.

AND A VERY, VERY BIG THANK YOU FOR CARING ABOUT OUR CENTENARIANS