



## at Langley Residential Support Services

### A Day in the Life of a Langley Direct Care Provider

I enjoy helping the residents work toward their goals, and the littlest accomplishment that they achieve warms my heart. It is rewarding to me to know that I am helping the residents be the best that they can be.

My day begins with making sure that all of the residents are awake and have completed their morning routines. I help the residents with areas for which they may need assistance – such as brushing their hair, or tying their shoes. After they have completed their morning hygiene tasks, I supervise – and sometimes offer verbal and/or physical assistance to them – in the dispensing and taking of their morning medications. Each person prepares and eats their breakfast. After breakfast is finished, everyone has chores to perform. While everyone is busy, I use my time to plan future activities, call in refills for medications, and do paperwork.

After chores have been completed, we work on their individual goals and outcomes. Some of the goals include filling one's medication pill cases for the upcoming week, changing bed linen, and practicing writing their addresses and/or medication list so that they can work toward being more independent. This time may also be used to do personal shopping or banking. Sometimes though, working on the goals is postponed so that the residents can attend previously scheduled activities like basketball practices or bowling. At times I will go along with them to assist if I am needed. If there are no activities planned, we work on the grocery list. Usually only one resident goes grocery shopping with me; and the resident who does so is rotated each week. After grocery shopping is completed, everyone helps put away the groceries, and then we get ready for the evening. If there is time, we may go out and have some fun time such as going to the movies, the mall or out to eat.

Each person takes a turn cooking during the week. Some people need more help than others. While I supervise the person cooking, the other ladies usually watch TV, play games, read or just relax. After dinner we clean up, and then everyone goes off to get ready for the next day. This could mean packing their lunch, setting out their clothes, or just calling a friend to catch up. The people I work with tend to turn in early, and when they do I continue to fill out the ever-present paperwork.

As I reflect on my day, I am pleased that I could help the residents feel better about themselves and about life in general. When the residents are happy, I am happy. I thoroughly enjoy helping them achieve success.