

## Job Kits

People spend a huge part of their lives at work. Suddenly, in the later years, they are no longer able to do that work. Because their job was their focus for so long, many fail to build other types of hobbies or activities. The job is all they know.

It is important to provide bridges for individuals so they are able to communicate, in the present, their jobs of the past. Providing for this exchange can lead to other social interactions or, at the very least, a positive connection to the therapist who is willing and interested in listening.

Utilize your own store rooms, sheds, or garages and find a collection of items that are used in a specific job or job activity. Browse the second hand stores and flea markets gathering items. It is actually a fun treasure hunt for the therapist, locating those small treasures that will elicit memories from the residents. Talk to other staff who might be willing to clean out their own collection of "old stuff", not used in twenty years but not thrown out.

Gather like items together in a storage container that is easily transported and put a label on it so it can be easily located. Take the appropriate container to the resident's room. Visit for a few minutes, then open the box and begin to bring out items one at a time. Give the participant time to affix a name to the item before you do it for them. Give the participant time to consider the item's use, whether they had one and used one in their work. To elicit more conversation and memories, ask yes/no questions. Garner as much sharing as you can before bringing out another item. You needn't cover all items in one visit, you can save some for a second time. Also, if you have 2 or 3 retired teachers, plumbers, etc., they might enjoy spending time together, going through the items and sharing experiences. Examples of occupations include:

Homemaker

Salesman

Teacher

Mailman/Postal Clerk

Nurse

Janitor

Secretary/Receptionist

Mechanic

Seamstress

Include Hobby Job Kits:

Plumber

Needle Work

Electrician

Fishing

Farmer