

Instructor's Guide

Activities of Daily Living Series Videos 1-3



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The Instructor's Guide for *ADLs: Activities of Daily Living Series* —Videos 1–3

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Videos 1–3

ADLs:
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◆ Instructor's Guide Introduction— ADLs: Activities of Daily Living Series ◆

To the Instructor

About this video series:

In the Activities of Daily Living Series, there are three videos.

Video 1: Bathing.

Video 2: Mouthcare, Grooming, Dressing.

Video 3: Eating, Drinking, Toileting, Transferring.

About the 4 Steps for Instruction:

To complete your training In-service for each of these videos, here are the 4 Steps for Instruction you will need.

1. "Let's Preview" A handout of highlights.
2. "Show the Video" Skill builders and best practices videos.
3. "Let's Talk About It" Questions for informal group discussions.
4. "Let's Review" Questions to self-check for knowledge to complete in pairs.

Preparing to Present These In-services

Use the following Checklist to help you prepare to present each In-service:

Preparation Checklist	✓
1. Schedule the In-service.	
2. Arrange the meeting room (area).	
3. Inform Participants about the upcoming In-service.	
4. Make copies of the Participant handouts contained in this guide— titled Let's Preview, Let's Talk About It, and Let's Review (without answer key).	
5. Watch the video that corresponds with each video chapter in this Instructor's Guide.	
6. Read each video chapter in this Instructor's Guide in advance.	
7. Review the corresponding chapter in <i>ADLs: Activities of Daily Living for Assisted Living Care Guide</i> .	
Video 1: Chapter 4 of <i>ADLs: Activities of Daily Living for Assisted Living Care Guide</i>	
Video 2: Chapters 3 and 5 of <i>ADLs: Activities of Daily Living for Assisted Living Care Guide</i>	
Video 3: Chapters 6–8 of <i>ADLs: Activities of Daily Living for Assisted Living Care Guide</i>	

3. “Let’s Talk About It” Questions for Informal Group Discussions

How should I use it? Photocopy the “Let’s Talk About It” sheet and hand it out for Participants to read through after the video is finished. After everyone has read through the handout you can lead a discussion with the Participants.

How does it help? Participants who describe and discuss in their own words

- what they have learned and
- how to apply it often can remember new information better.

How much time will it take? Usually, a discussion group takes about 10 minutes, but it’s really up to you. You can take more time if you can and if the discussion is working well.

4. “Let’s Review” Questions to Self-check for Knowledge and to Complete in Pairs

How does it help? Participants who think through and then review what they have learned and how to apply it often can remember new information better.

How should I use it? Photocopy the sheet and hand it out for Participants to read. Then answer in pairs or groups of three. Next, review the answers.

How much time will it take? 4 minutes to answer the questions and 1–2 minutes to review the answers.

About the way these In-services work:

Here are the ways each step will work for you and your Participants.

1. "Let's Preview"

A Handout of Highlights

How should I use it?

Photocopy the "Let's Preview" sheet and hand it out for Participants to read before they watch the video. Be sure to provide a quiet time for each Participant to complete his or her reading.

How does it help?

Participants who read the highlights for a minute or two before watching a video will know what to look for. That way, they will understand the information in the video more quickly.

How much time will it take?

Usually, gathering the Participants and getting started takes about 5 minutes. Handing out the "Let's Preview" sheet is part of that set up and should take no additional time.

2. "Show the Video"

Skill Builders and Best Practice Videos

How should I use it?

Show the video during logical or convenient times such as during shift change meetings or regularly scheduled In-service times during each shift.

How does it help?

Caregivers will see real-life examples of the basics and best practices modeled for them by Caregivers like themselves.

How much time will it take?

Each video is 10 or 11 minutes long.

What Videos Can and Cannot Do

Using videos during an In-service **can**:

- Help Caregivers see and hear what they need to know.

Using videos cannot:

- Take the place of
discussion
questions and answers
other interactive learning activities