



Offering a new approach that aims to improve the well-being of nursing home residents through implementing positive psychology.

Developing care plans that include mindful practices as positive interventions may help improve cognition, mood stabilization, and amplification of character strengths.

These care plans may help improve their ability to live in the moment, while also learning to amplify certain character strengths as needed.

### Stabilizing Mood

Goal: Developing a care plan that includes mindful interventions:

- Identifying the residents character strengths through a strength spotting assessment
- Helping residents focus on their thoughts, feelings and actions

Result: Improving the Patient Health Questionnaire-9 (PHQ-9) scores



### Strengthening Cognition

Goal: Residents engaging in mindful interventions:

- Body yoga
- Breathing space exercises
- Mindful speech and listening
- Mindful walking
- Mindful consuming

Result: Improving the Brief Interview for Mental Status (BIMS) scores

### Amplifying Character Strengths

Goal: Facilitating ways to manage, confront or overcome obstacles:

- Assist residents with mindfulness practices
- Staff encouraging residents to use their strengths during the interventions
- Encouraging the resident to explore independence

Result: Independently employing character strengths during mindful practices

Entering a nursing home or any kind of new environment can be a challenge for seniors. Traditions suggest that a wandering mind is an unhappy mind, so facilities should consider various ways to improve the well-being of their residents. Care plan building is one way to make a positive impact on the residents, especially since the director of each department has the freedom to customize the care plans as they see fit.

