

HCBS

COMMUNITY OF PRACTICE



SESSION TOPIC: Upholding Dignity and Privacy: Respectful Rituals and Routines

HCBS REQUIREMENT #3

Acknowledgements

Thank you to all who share a commitment to building a community where everyone can thrive.

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ROUTINES AND RITUALS

What it does

A reminder that routines and rituals help others understand what matters to a person and what helps them to have good days. It looks at a variety of situations around which we often have personal routines and rituals.

How it helps

Understanding someone's routines and rituals is essential to providing quality person-centered support. Learning about the cultural traditions and rituals of someone you support is key to providing culturally appropriate support.

How to use it

You can learn about these routines and rituals through conversation and observation of the individual you are supporting, as well as through conversations with those that know the individual well. Think about others who support you as well as the people you support. How important would it be to know the following?



Morning Wake up to what (alarm, clock radio, multiple reminders, allow snooze alarm)? How much time is needed to get out the door? Pick out clothes the night before? Morning of? What are favorite breakfast foods?	Not feeling well Do you need to check the door and windows before you go to bed?
Bedtime Do you check the door and windows before you go to bed?	Spiritual Are religious services, prayer, or meditation important?
Mealtimes Do you eat dinner at the same time every Sunday? Do you have a particular way to set the table?	Vacation Are there things that need to be present in order for it to be a real vacation? When does it start – talking and planning in advance, or not until it actually begins?
Transition Do you have to organize your day before it starts?	Comfort What helps you feel better when you are having a bad day? Would you find... exercise... shopping... chocolate... a drink... or something else comforting? Would you find cleaning comforting, or would you find it punishment?
Birthday Should it be a "national holiday?" Do you hope that no one notices?	Celebration What do you enjoy or need to have happen to feel that you have celebrated?
Cultural/Holiday Traditions What is your favorite holiday? What food has to be on the table for it to be that holiday?	Grief/Loss What are the myriad rituals for coping with grief and loss? Methodist upbringing—service in the church sanctuary, luncheon in the church basement? Or other rituals like -cover the mirrors... stop the clock... bring comfort food when they visit...

ROUTINES AND RITUALS

Meet Hector!

Hector is an energetic and joyful 30-year-old with a deep love for his family and their traditions. Growing up in an active and religious household, Hector enjoyed weekly church services, gardening on the weekends, and family dinners that brought everyone together. Recently, when Hector's mother decided to move out of state, Hector chose to stay in California with his sister, demonstrating his strong sense of independence. He has since moved into a residential home with a roommate.

Getting to know Hector and the traditions he values has been a priority as he transitions to living on his own. It is critically important TO Hector that his voice is heard. Hector communicates using a tablet, he can sometimes feel frustrated when others lack the patience to understand his process. He's known for his honesty, often saying what he thinks people want to hear, but through meaningful conversations with him and his sister, we've learned more about his passions.

Hector is a devoted sports fan, cheering enthusiastically for the Green Bay Packers, LA Lakers, and San Francisco Giants. His love for music is equally strong, with Post Malone, Eminem, and Drake being his top

Morning Hector likes to get up at 7:00am. Loves listening to Post Malone every morning. Breakfast - Strawberry protein shake with strawberry cheesecake yogurt with ice coffee	Not feeling well Hector likes to lay in bed and watch sports or shows on his tablet, he doesn't want to be bothered. He appreciates when someone checks on him about once an hour to see if he needs anything.
Bedtime Every night before bed, Hector likes to watch ESPN sport highlights on his tablet, while listening to music.	Spiritual Hector is Catholic and attends church on Sundays. He prefers to go at 9:00am before it gets too hot.
Mealtimes It is important to Hector to have meals at the dining room table. When you are helping Hector with meals, please sit next to him. He enjoys the company. He will invite his roommate to eat with him but doesn't force it!	Vacation Being with his sister is important to Hector each time she goes on vacation! He has never gone without her. Hector only considers it vacation if he can be outside most of the time!
Transition Hector wants to know what is coming up at all times. He relies on HIS calendar as he prepares for the day and week. Hector asks that staff review what is planned for the day the night before! Remind him one hour before something comes up!	Comfort Music is Hector's biggest form of comfort, if he isn't feeling himself he likes to sit on the couch, watch sports, listen to music, and have his weighted blanket.
Birthday BIRTHDAY PARTIES ARE A MUST! It is important to Hector to always throw a sports themed birthday party each year! He likes to create the invitations. It is a tradition to have potato soup and cheesecake every birthday	Celebration Hector thrives when people are laughing and celebrating others. He loves buying gifts for people and receiving gifts. Big or small, it is the thought behind it that he appreciates.
Cultural/Holiday Traditions Midnight mass on Christmas Eve! Turkey, mashed potatoes, gravy, and pie for Thanksgiving. The day after Easter Hector likes to start his garden	Grief/Loss Hector's sister shared that Hector likes to grieve alone but will want to know people are near and ready to talk when he is ready.

favorites. Watching sports and listening to his favorite music are integral parts of his daily routine.

To ensure Hector lives a life of dignity and respect, he and his circle of support have been trying to establish rituals and routines that honor what is important to him. By supporting his interests and communication preferences, the company aims to help Hector thrive in his new home and continue enjoying the activities he loves.

Hector's Rituals and Routines

Morning

Hector likes to get up at 7:00am.
Loves listening to Post Malone every morning.
Breakfast - Strawberry protein shake with strawberry cheesecake yogurt with ice coffee

Not feeling well

Hector likes to lay in bed and watch sports or shows on his tablet, he doesn't want to be bothered. He appreciates when someone checks on him about once an hour to see if he needs anything.

Bedtime

Every night before bed, Hector likes to watch ESPN sport highlights on his tablet, while listening to music.

Spiritual

Hector is Catholic and attends church on Sundays. He prefers to go at 9:00am before it gets too hot.

Mealtimes

It is important To Hector to have meals at the dinning room table. When you are helping Hector with meals, please sit next to him. He enjoys the company. He will invite his roommate to eat with him but doesn't force it!

Vacation

Being with his sister is important to Hector each time she goes on vacation! He has never gone without her.
Hector only considers it vacation if he can be outside most of the time!

Transition

Hector wants to know what is coming up at all times. He relies on HIS calendar as he prepares for the day and week. Hector asks that staff review what is planned for the day the night before!
Remind him one hour before something comes up!

Comfort

Music is Hector's biggest form of comfort, if he isn't feeling himself he likes to sit on the couch, watch sports, listen to music, and have his weighted blanket.

Birthday

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Celebration

Hector thrives when people are laughing and celebrating others. He loves buying gifts for people and receiving gifts. Big or small, it is the thought behind it that he appreciates.

Cultural/Holiday Traditions

Midnight mass on Christmas Eve!
Turkey, mashed potatoes, gravy, and pie for Thanksgiving.
The day after Easter Hector likes to start his garden

Grief/Loss

Hector's sister shared that Hector likes to grieve alone but will want to know people are near and ready to talk when he is ready.

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