



Choice in Rising and Retiring		Our sleep patterns set the stage for other areas of our lives, including energy, appetite and physical wellness. Truly person-centered nursing homes foster individual sleeping and waking patterns guided by the routines of residents, not the operation of the home.	
Ask	Listen For	Learn More	My Expectations for Excellence
<p>Do residents have a choice about when to wake up in the morning?</p> <p>Do residents have a choice about when to go to bed?</p>	<p>“Yes. Our staff gets to know each resident so we can adjust our schedule to their preferences.”</p> <p>“On our last resident satisfaction survey, we scored above 76 on that question.”</p> <p>“Yes. We ask each resident what their preference is so we can adapt to their schedule.”</p> <p>“On our last resident satisfaction survey, we scored above 89 on that question.”</p> <p>“We use consistent staff assignments so the staff will get to know preferences.”</p>	<p>“I want to tell you about my mother” is a guide than can help you help nursing home staff better understand your loved ones’ preferences and needs. In addition to facts about your loved one, it also helps you relate her story with details like:</p> <ul style="list-style-type: none"> Her childhood ambitions Her relationships with her family What she wanted for her children How important faith is to her What she enjoys doing What pleases her What angers her What makes a good day for her 	