



The Seven Habits
Of a Highly Effective Homemaker



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Objectives

- Define the role of the homemaker in a household dining setting.
- List the essential skills/talents/abilities a homemaker must have in order to be successful.
- Identify and discuss essential training components for developing the abilities of current and future homemakers.



Homemaker Defined

- Who is the Homemaker?
- Why is their role important?











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The Homemaker Defined

A caring individual who:

- Loves older adults and has a servant heart
- Encourages residents to remain as independent as possible
- Enjoys cooking for others and understands the importance of food
- Possesses previous cooking skills
- Is able to follow recipes and make simple calculations
- Has time management skills as well as being open minded and flexible
- Is a self starter and motivator, always finding new ideas and fun activities
- Exhibits exceptional personal hygiene habits
- Possesses outgoing personality skills
- Is a good communicator and a voice for resident preferences
- Takes pride in their work
- Works well with others as a team

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The Role of the Homemaker

The Homemaker and the household team work together to make a home that provides for the needs and preferences of the residents who live in community with each other.

The primary responsibilities of the homemaker may involve:

- Meal planning, preparation, and serving
- Housekeeping responsibilities
- Laundry assistance
- Activities with residents

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The Role of the Homemaker

The Homemaker's role in the kitchen is key to creating a sense of home as food preparation and mealtimes provide opportunities for:

- Residents actively participating in meal preparation
- Socialization with care givers and household residents
- Meaningful relationships with everyone in the household



Homemaker's Skills & Abilities

It's not about just basic cooking skills...

- ... It's about making the kitchen the heart of the home
- ...It's about assuring life's daily pleasures are met
- ...It's about encouraging resident and family engagement
- ... It's about providing good nutrition and balanced meals
- ...It's about maintaining stable weights and minimal supplements
- ...It's about ensuring dining with dignity
- ... It's about offering choice, options, and daily celebrations of life
- ... It's about team building
- ... It's about residents and staff actively living





Homemaker Habit One

Comprehends and embraces
the concept of person directed living
(culture change)




Knowing and understanding the philosophy of
CULTURE CHANGE or
RESIDENT-DIRECTED CARE
or SELF-DIRECTED LIVING



Self-Directed Living

Resident-Centered Care or Self-Directed Living:


- Is a philosophy that encourages dignity, rights, and choice
- Encourages self-determination in meaningful ways at every level of daily living
- Is a better way of thinking, living and caring
- Focuses on understanding the entire person – medical, functional, and psychosocial aspects
- Is a process that is ever-evolving
- Is a challenging process
- Is a journey that really has no conclusion or finish
- Is all about relationships



Household Dining

- You dine at your own schedule and your own leisure
- You awake to the enticing aromas of coffee brewing, bacon sizzling, and fresh blueberry muffins baking
- You have your favorite spot in the dining room that allows you to watch all the activity going on in the kitchen and outdoors
- You decide your own choices for breakfast, a large breakfast or a small one, a tall glass of orange juice or a small cranberry juice, pancakes today and maybe a veggie omelet tomorrow if you're in the mood, skip the coffee, how about a cup of hot tea
- And another cup of hot tea along with the morning newspaper

It feels just like home, because it is home!




Household Dining


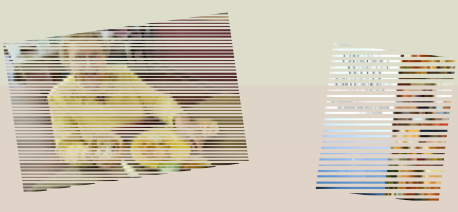
It's all about:

- choice
- making your own decisions
- enjoying all of life's daily pleasures
- being engaged, involved, and actively living
- having purpose and meaning in each and every day
- helping to plan menus, plan parties, cook meals, set tables, assist with clean up (or not)
- relationships, with fellow residents, care givers, and personal family and friends
- transforming meal time into a dining experience that won't be forgotten

It feels just like home, because it is home!



Knowing what it means to dine with dignity



Dignity includes a properly set table



Dignity means the proper rules of service are followed



Culture change demands:

- Excellence in dining must always be our goal.
- Elders must be given TRUE CHOICE.
- Older adults must have accessibility to the foods they prefer 24/7.
- Residents should be respected and treated as individuals. Their personal wishes should be honored.
- Residents should be provided liberalized diets.



Culture Change Demands:

- Seniors being provided the best quality and variety in foods and beverages.
- Residents being allowed favorite foods first before commercial supplements are prescribed.
- Older Adults are provided the best possible relationship-based service.
- Elders being given prompt attention and responsiveness to their needs and desires.



Homemaker Habit Two

Develops meaningful relationships with residents, family members, and care team members



Ensuring the significance of life's daily pleasures and the uniqueness of each resident's needs a primary goal



Planning daily activities and events that includes residents and their families



Working as team with other care givers
and other work shifts



Homemaker Habit Three

Understands the importance of good
menu planning and why residents
should be involved in the
planning process



“Food is the most primitive
form of comfort.”

Sheila Graham



Food. Dining. Eating. Favorite foods. Comfort foods. Potlucks. Picnics and barbecues. Out for coffee. "Come over for a beer." Grilled. Sautéed. Steamed. Carmelized. Soup simmering Coffee brewing. Bread baking. Dishes clanking. Fresh picked vegetables from the garden. Shucking an ear of corn. Baking cookies with the grandchildren. Washing the dishes. Making homemade ice cream. The first apple pie in the Fall. Thanksgiving turkey roasting. Meatloaf baking. Brownies ready to come out of the oven. Christmas cookies. "I'm full". "That was sooo good".




Resident's Dining Experiences

- Mother's Sunday dinner of fried chicken, mashed potatoes, homegrown green beans, pickled beets, lemon meringue pie and homemade rolls!
- Thanksgiving dinner with six children and spouses and fourteen grandchildren gathered around the table.
- Buttermilk biscuits right out of the oven with butter and honey.
- Having a romantic French gourmet meal with my husband in the restaurant in the Eiffel Tower.
- Teaching the grandkids how to make apple dumplings.
- A big bowl of my wife's ham & beans and sweet corn bread slathered with butter.
- The midnight buffet on the cruise to Alaska. Oh that fresh salmon!
- Enjoying my first fresh Maine lobster while wearing one of those silly plastic bibs.





The importance of a balanced diet, the food group categories, the role vitamins and minerals play in good nutrition, and the importance of hydration



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Creating well planned menus (that have input from residents) that meet all the daily requirements for good health and nutrition, has eye appeal, has a variety of flavors, textures, shapes and colors, is familiar, celebrates life, and will be eaten




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Adopting the philosophy and research for liberalizing diets, portion sizes, and the results of using "food first" in place of medical supplements



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Knowing how to properly modify textures of food for safe consumption and proper nourishment, and look appealing



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Homemaker Habit Four

Exhibits safe food handling habits




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Always following safe food handling guidelines



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Thoroughly understanding the importance of temperatures



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Homemaker Habit Five

Has a passion and skill for cooking for others and satisfying the tastes of many different elders

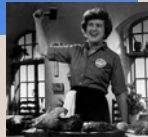
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Having the passion



'my LOVE for FOOD is INFINITE, My PASSION for COOKING is my HAPPINESS'

FIND SOMETHING YOU'RE PASSIONATE about AND STAY interested IN IT.



“One cannot think well,
love well, sleep well,
if one has not dined well.”

Virginia Woolf



Having the ability to read and follow a recipe

- Recipe terminology and techniques
- How to properly use small kitchen appliances, gadgets and tools
- How to enlarge or reduce a standardized recipe
- Weights, measures and abbreviations
- How to order grocery supplies



Always thinking ahead

Mix Up Your Menu With Theme Nights

Menu Planning Basics

Cook's Book

grocery list

What's for dinner?

What's for lunch?

What's for breakfast?

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Successfully plans meal preparation

MEAL PREPARATION AND TIME PLANNING

Meal to be prepared	Preparation time	Cooking time
Roast chicken with vegetables	15 minutes	45 minutes
Grilled chicken breast	10 minutes	20 minutes
Roasted potatoes	10 minutes	30 minutes
Roasted vegetables	10 minutes	30 minutes
Roasted chicken and potatoes	15 minutes	45 minutes
Roasted chicken and vegetables	15 minutes	45 minutes

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Being organized to be efficient

what a mess!

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Wins the prize for multi-tasking

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Homemaker Habit Seven

Recognizes the importance of kitchen safety, equipment use and care

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Always follows and enforces kitchen safety habits

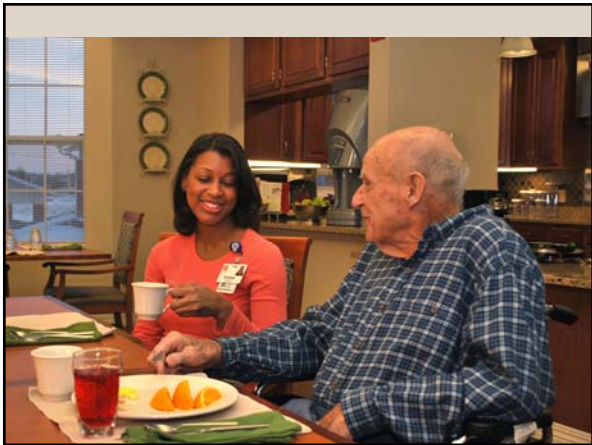
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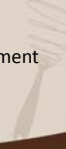








The Seven Habits Recap

1. Comprehends and embraces person directed living
2. Develops meaningful relationships with residents, family members, and care team members
3. Understands the importance of good menu planning and why residents should be involved in the planning process
4. Exhibits safe food handling habits
5. Has a passion and skill for cooking for others and satisfying the tastes of many different elders
6. Highly organized in planning, juggling, and time management
7. Recognizes the importance of kitchen safety, equipment use and care



Thoughts, Questions, Ideas?



Stay In Touch

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