



A Day in the Life of a Group Home Worker

7:50 a.m.

Arrive at the group home today ten minutes before my shift starts. I get the report of how the night went from the staff then check the staff communication book. Any important notices or announcements will be in that book. After that, I check the make sure that the previous shift signed for the medications. Everything looks ok today, so I get ready to start my shift!

8:00 a.m.

The home is full of energy as the residents have just finished breakfast. I bathe anyone that wasn't bathed already. I assist with the resident's personal hygiene, combing their hair, brushing their teeth and helping them get dressed.

9:00 a.m.

Some of the residents are hungry, so I make them a snack of veggies and dip and enjoy visiting with them. After the snack I make sure that all the residents are either toileted or changed. This needs to be done every hour.

10:00 a.m.

After our snack, it's time for some quiet activities. Today we are going to do a puzzle together and some other games that the residents enjoy playing. I may even put on a movie for those that would rather not take part in the games.

11:00 a.m.

Now that the residents are playing some games and watching a movie, I need to make some lunch! Today I am going to make grilled cheese sandwiches and soup.

12:00 p.m.

It's lunch time! I gather all the residents together at the kitchen table and serve them the lunch I prepared. They love grilled cheese sandwiches, so they are excited to see that's what I made for lunch today! I also provide each resident with their medication to be taken during lunch. We visit and talk about what everyone wants to do after lunch.

12:45 p.m.

I clean up after lunch and take a sandwich and some soup for myself and join my manager to have lunch together. We chat a bit about how the day is going and what my plans are for tonight.

1:15 p.m.

Now it's time to get some cleaning done. I finish any laundry from the night before and start today's laundry. I clean, dust and wash the floors in the bedrooms and bathroom. I also clean up the kitchen and dining room to get ready for supper. One of the residents is going to a movie today with the recreation worker, so I get her ready to be picked up.

3:00 p.m.

The day has flown by and it's already time to prepare supper! Tonight I'm making mashed potatoes, sausage, corn and salad. As I make supper, I think about the productive day I've had and the fun I had playing games with the residents. I make sure to write any news in the staff communication book. I also give daily updates in each resident's log on their daily hygiene, appetite and behavior.

3:50 p.m.

The new staff has arrived, so I report to them on how the day went. It's been another great day and I am looking forward to my shift tomorrow. I say good bye to my friends, and then head home.