

## Behavioural Supports Ontario capacity building course results in successful Sit-a-Bit Café

In the spring of 2015, staff with the Behavioural Supports Ontario (BSO) and Extendicare Lakefield team attended a capacity building *BSO Energize Your Team* course to support in-house BSO team development and ensure long-term care homes, hospitals and community agencies have the skills they need to respond to residents and patients with responsive behaviours.

Through the *BSO Energize Your Team* course, the BSO and Extendicare Lakefield staff discovered a “Coffee Shop” experience utilizing Montessori techniques could help engage the cognitively-well and the cognitively-impaired residents together. The idea was shared with staff and families and the **Sit a Bit Café** was launched.

One year since the launch, the results have been overwhelming. Bistro sets and supplies were donated and residents who are involved in the operations participate eagerly cleaning the café area, doing the dishes and helping bake. The Sit-a-Bit Café is self-sustaining. A coffee and baked good cost .25 cents for residents and .50 cents for visitors and the income supports the purchase of groceries and supplies for the following week.



*Extendicare Lakefield resident Maxine Sherlock-Hubbard (seated) and her daughter Carol Florence (right) prepare a cookie recipe to serve at the Sit-a-Bit Café. Carol volunteers weekly at the café.*



“If a resident cannot pay, almost everyone at the café would stand up and offer some change to that person. We would never see someone go without, but seeing residents offer to pay for each other is very rewarding,” said Debara Power, Activity Aide at Extendicare Lakefield.

Running every Tuesday from 3 to 4 p.m., staff and residents look forward to the weekly specials. Couples sit and enjoy a cup of tea or coffee and baked goods together, and friends and family come to relax and socialize. Staff have noted that since the opening of Sit-a-Bit Café there has been a home-wide re-socialization, an increase in interaction between cognitively-well and cognitively-impaired residents, and undivided attention from residents.

If other health care providers are interested in learning about Extendicare Lakefield’s successful café approach for to support residents, they are asked to contact Nancy Ross, Director of Care at 705-652-7112 or [nross@extendicare.com](mailto:nross@extendicare.com).