

## Dignity Action Day inspiration at Loose Valley Care Home



On Thursday 1 February we joined in with Dignity Action Day here at Loose Valley Care Home, sharing the importance of dignity and what that means for every individual.

Here at **Loose Valley**, dignity is always at the centre of the care we give to our residents. To celebrate the day we got to work on creating a '**Digni-Tree**' display to have in our reception area and wrote all the words that people felt related to the word 'dignity'.

Each of our residents are their own person, and dignity means all kinds of different things to all of them; some words that stuck out were '*safety*', '*worth*' and '*meaning*'.

We gave out **knitted hearts** to our residents too as part of the day, as something special to keep to remind them that they are loved and respected.