

## Getting to Know You

In order to provide individualized care that meets your needs, your caregivers need to know who you are as a person.

Complete the questions on the next few pages. Write down everything about yourself that may help your caregivers care for you. Don't be limited by the questions – add any other information that you think is important. The more your caregivers know about you, the better care they can give!

**Note for family members:** Complete this form for your loved one if he or she is not able to do so.

THE FOLLOWING IS AN INTRODUCTION TO:

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(Your Name)

<b>Daily Routines</b>	
<p><b>Getting up/going to bed</b>                      When</p> <p>do you like to get up in the morning? How do you like to start the day? When do you like to go to bed? Do you have any bedtime rituals? If so, what are they? Did you have a night job and usually sleep during the day?</p>	
<p><b>Sleeping patterns</b>                              Do</p> <p>you usually sleep through the night? Are there certain times when you get up at night? Is there anything that helps you go back to sleep? What helps you to have a good night's sleep (ex. a special pillow, listening to soft music, etc.)?</p>	



<p><b>Music</b> What music do you like? Do you have a favorite singer or group? Did you or do you play an instrument or like to sing?</p>	
<p><b>Reading</b> Do you like to read? If so, what? Magazines? Books? Newspapers? Which ones? Would you enjoy books on tape?</p>	
<p><b>Children</b> Do you enjoy being around children? If so, do you prefer younger or older children? What do you enjoy doing with children?</p>	
<p><b>Animals</b> Do you like animals? If so, what kind? Did you have pets prior to coming to the nursing home? If so, what were their names?</p>	
<p><b>Smoking</b> Do you like to smoke? How frequently? When?</p>	
<p><b>Emotional Needs</b></p>	
<p>What gives you pleasure or makes you happy?</p>	

<p>What are you proudest of (Children? Work achievements? etc.)?</p>	
<p>What makes a good day for you?</p>	
<p>What makes you sad?</p>	
<p>What cheers you up?</p>	
<p>What upset you, angers you or sets you off? What are your pet peeves – things that really annoy you?</p>	

<p>What calms you down or comforts you if you get upset or angry?</p>	
<p>Have you experienced any traumatic events in your lifetime? If so, please describe. Are there things that trigger memories of this event?</p>	
<p><b>Religious Preferences/Spiritual Beliefs</b></p>	
<p>Is faith an important part of your life? Are you affiliated with any particular religion?</p>	
<p>Describe your participation/involvement in your faith (ex. Do you like to attend services? Read the Bible on a regular basis? Attend Bible study groups, etc.)?</p>	
<p><b>Food/Beverages</b></p>	
<p><b>Likes/dislikes</b>                      What food and beverages do you prefer? What food/beverages do you dislike? What comfort foods do you like?</p>	

<p><b>Snacks</b> What are your favorite snacks? When do you like to eat snacks?</p>	
<p><b>Dining patterns</b> Do you like to have a cup of coffee before breakfast? After dinner? Do you have any other dining pattern or habits?</p>	
<p><b>Family</b></p>	
<p><b>Parents</b> What were/are the names of your parents? What were/are their occupations? Indicate whether they are deceased or living.</p> <p>Where did your family live when you were growing up?</p>	
<p><b>Siblings</b> How many brothers and sisters did/do you have? What were/are their names? Indicate whether they are living, deceased, etc. If living, where do they live?</p>	
<p><b>Children</b> Do you have children? If so, how many and what are their names? Are they still living or deceased? What are their ages? Do you have grandchildren? Provide information about them as well.</p>	

<p><b>Family Events/Stories</b>                      What major family events marked your life? Are there any family stories that have been told over the years that are important to you?</p>	
<p><b>Work History</b></p>	
<p>What was your occupation? Where did you work? What did you do? What were some of the highlights of your career?</p>	
<p><b>Favorites</b></p>	
<p>What are your favorite holidays?</p>	
<p>Favorite songs?</p>	
<p>Favorite movies?</p>	

Favorite Actors/Actresses?	
Favorite colors?	
Other favorites?	
<b>Other</b>	
Is there anything else you would like to share about yourself?	