

It IS all about Me !
Life History and Care Preferences

My Name is: _____

I was born on (month) _____ (day) _____ (year) _____

My parents were _____ and _____

I was married _____ no _____ yes

We were married for _____ years. I am currently married _____ yes _____ no

We had _____ boys and _____ girls. Their names are/were:

The jobs I have had _____

In my spare time I enjoy _____

I am proudest of _____

My favorite music is _____

My favorite food is _____

The people most important to me are _____

My religion is an important part of my life _____ yes _____ no

I express my spirituality through _____

I find comfort in _____

Topics I like to talk about are _____

The following gives me strength _____

What is most important to me? _____

My goals in my life right now are: _____

Everyday Routines

I usually get up around _____(time) When I get up, I usually do the following routine (first, second, third, etc)_____

I like to eat breakfast _____

After breakfast I like to _____

At night I like to (evening routine)_____

I like to nap _____(time)

I like to go to bed for the day _____(time)

At night I like my room and bed (Temperature, covers, socks, lights, pillows, clothes, etc)_____

Describe any unique hygiene or grooming needs (hair, nails, shave, deodorant, mouth care)_____

I like to bathe this way (type, time, frequency)_____

My favorite bath routine (short long, hot cool, assist, etc)_____

One main goal I want to accomplish at this time is _____

A great day for me is_____

I am happiest when_____

One thing I would really like to get a chance to do is_____

To really know me you should know this_____

Hello, my name is John Doe. I have lived here for 2 years. I retired from local school district where I worked as the Head Maintenance man for 42 years. If you need anything worked on, let me know, I love to work with my hands.

I pride myself on how well I can walk around on my own with my walker. There are times that I might need your assistance so if you see me breathing hard or if I ask you to help, please do.

I go to the restroom on my own but have an accident now and then. I would appreciate it if you would remind me to use the restroom every two hours.

I enjoy my breakfast here in my room because in the mornings it takes me a while to wake up. By for my lunch and dinner meals, I enjoy eating in the dinning room at my usual table.

I can dress myself but do need help with the buttons due to arthritis in my hands. I do prefer a shower, long and hot, two times a week.

My favorite thing to do is watch old movies. The black and white one are my favorite. Cowboy, gangster and war movies keep my interest the most. Keep the love stories for the ladies.

I don't talk much but please know the I know that you are there so don't be afraid to say hello.

Thank you for all of your help

John Doe