

This information has been gathered by interviews with family using the LIFE STORY CIRCLES assessment tool.

Customary Habits and Routines for... _____

My name is Ralph (I never liked it), but I've been called "Todd" most of my adult life. I was Junior to my friends in college. I am 95 years old. I was born in 1923 in Arlington, Mass. I have lived in assisted living for the past 10 years and have actively tried to manage my memory loss by myself. I have lots of difficulty with short term memory and the ability to talk and understand language. I like to "do things" (favorite activities) but I need help from others to show me what to do and get me started. Keep instructions simple.

- I graduated from college with a degree in English.
- I believe that getting an education and continuing to better oneself is essential to life.
- I believe in equality for everyone. I seek fairness and have been an advocate for disadvantaged people.
- I believe service to the community is important. I believe in religious freedom. I am a Unitarian and my church work is very important to me.

Things I like to do on a daily basis (food, drink, personal habits, spirituality, pursuits)	Things I like to do occasionally (weekly or monthly)	Things I like to do for special occasions (once in a while)	Relationships that are important to me (type and frequency of socialization, names of special people)	Other things I have enjoyed/lifetime experiences that I like to remember and share Stories I like to tell
Get up at 7:00 Shower and dress Drink coffee w/milk Cereal WALK everyday/exercise Read Word puzzle/ crosswords Clean up Go outside/look at nature Eat Sandwiches Watch the news Go to bed at 8-9	Watch sports on TV (Baseball Red Sox), football and golf Church work/fold programs Listen to Symphonies Card games Wine with dinner occasionally Ice cream Walk on the beach	A cold beer Bread pudding Rice pudding Musical performances	I have strong relationships with my kids (Don, Nancy and Julie) and my 8 grandkids (Linda, Charlie, Chad, Cindy, Karla, Ada, Dana and Kristin) I am very proud of all of them. They have all pursued their education. I was married several times but those relationships are not important to me. I love cats and dogs.	•My football game against our college rival. I was the punter and we won. •My World War II experience in the Navy on an LST. I served as skipper on our return from the South Pacific. I am very patriotic and flags are special to me. •My mentoring activities with disadvantaged kids. Blair was a favorite. •My medal in my state's Senior Olympics

			<p>I love to have a role in a group, I prefer a leadership role.</p>	<ul style="list-style-type: none"> •Taking care of my grandchildren when they were babies, reading to them and telling them stories •Eating ice cream at Friendly's Ice Cream •Picking up white rocks along the beach on long walks •Picking out books for my grandkids for birthdays and Christmas.
--	--	--	--	--

Individualized music preferences: Big Bands, Beethoven, Handel's Messiah, Classical, Flute solos

Things that make me laugh: Abbott and Costello "Who's on First," Jackie Gleason "The Honeymooners," Kids,

Aromatherapy suggestions: Barbasol shaving cream, shoe polish

Things I would like in a memory box: Flag, football, college mascot/elephant, white rocks, sheet music, symphony CDs, Ted Williams and Red Sox stories, My Sr. Olympic medal, children's books/poems, Books of Words, crossword puzzle, Navy ship picture, Navy emblem, Church program

Other: My childhood years were not pleasant times. My mother was very strict and not a nurturing person. I did not have a close relationship with my brother.

Staff NOTES:

What could be a possible cause of agitated behavior?

What "trigger" could be used to stimulate a positive emotion?

What approach could you use to get him into the shower?

What communication approach would you use to engage him?

What meaningful activities could he be involved with both in his room or in a group?

What stories can we remind him of while providing care?