

Meaningful Engagement to Enhance Quality of Life  
The ME Project  
Part of the LINKS Assessment System



Customary Habits and Routines for \_\_\_\_\_

The name I liked to be called is \_\_\_\_\_

Age \_\_\_\_\_

The place I call home is \_\_\_\_\_, other places I have lived \_\_\_\_\_.

My health conditions that impact my activity involvement (BIMS,PHQ-9)

The things I have difficulty with include

(I like to “do things” (activities) but I need help from others to show me what to do and get me started. Keep instructions simple.)

The things I CAN DO include:

Special things about ME include:

- My beliefs and values
- My education
- My involvement with others
- My preferences and interests throughout life
- My accomplishments that are important to ME
- My habits, routines and rituals (following chart)

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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 Shower/bath Drink Eat Everyday/exercise Read Clean up Go outside/look at nature Watch Go to bed at			I have strong relationships with  I am very proud of  Animals I like  I feel most comfortable socializing (situation) and (with whom)	

Individualized music preferences:

Things that make me laugh:

Things that I find relaxing, something to hold, a tune to hum:

Aromatherapy/Scents I like:

Things I would like in a memory box:

Things I would like in a Personal Activity Preference Scrapbook:

Things I like to sort or organize:

Things that annoy me:

My childhood years were \_\_\_\_\_

Something I would like for my birthday (appropriate for level of function)

My most important NEED is for \_\_\_\_\_.

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Staff Notes

Things that are working	Things that are not working
<p>Sample</p>	

- What could be a possible cause of agitated behavior?
- What “trigger” could be used to stimulate a positive emotion?
- What communication approach would you use to engage him/her?
- What meaningful activities could he/she be involved with both in the room or in a group?
- What stories can we remind him of while providing care?