



**LINKS**

This specialized activity assessment (LINKS) for the dementia client helps to provide a link to pleasant memories and connect to past pre-dementia lifestyles and interests.

L – Life skills are identified

I – interests and involvement patterns are known

N – Now becomes meaningful by a link to the past

K – Key to successful interventions is a connection to lifelong patterns

Please help us with the following information. This will help us design appropriate activities and interventions for the dementia client receiving our service. We understand that not everything on this form will apply to every client nor have we covered every possible significant area of a person’s life. Feel free to skip fields or add information as you see most beneficial. Thank you for your assistance in designing activities that are tailored to our clients.

All about: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Nickname/Preferred name \_\_\_\_\_

Born in: \_\_\_\_\_ (City, State, Country)

Then moved to: \_\_\_\_\_ (City, State, Country)

Describe the school(s) he/she attended and the highest level of education obtained:

\_\_\_\_\_  
\_\_\_\_\_

Military service and experiences \_\_\_\_\_

**Values**

Hard work, honesty, cleanliness, duty to family, service to country/community, spirituality, privacy, respect, prejudice, overcoming barriers, wealth, education, equality and justice, religious/ethnic practices (circle core values) other: \_\_\_\_\_

What legacies do they wish to leave? \_\_\_\_\_

What values did they live by that influenced the decisions that they made? \_\_\_\_\_

What types of “quotes” or “sayings” did this person use often? If you are a child of this person, what messages did you hear them say?

\_\_\_\_\_

**Customary Routines (sleep, bathing, relaxation)**

Usual bedtime routine: \_\_\_\_\_



Usual morning routine:

\_\_\_\_\_

Bath or shower? \_\_\_\_\_ Frequency: \_\_\_\_\_

Preferences for hair, nails, hygiene \_\_\_\_\_

How does this person like to unwind?

Relaxation "triggers?" \_\_\_\_\_

\_\_\_\_\_

How important is being outside? Usual outdoor past times \_\_\_\_\_

Night owl or morning person? \_\_\_\_\_

Does this person nap routinely? \_\_\_\_\_

Meal times and dining preferences \_\_\_\_\_

Native language: \_\_\_\_\_ other languages spoken: \_\_\_\_\_

**Describe lifelong habits**

Occupations: \_\_\_\_\_

Identify types of materials/equipment used on the job: \_\_\_\_\_

What was the most common mode of transportation to & from work? \_\_\_\_\_

Typical work day schedule \_\_\_\_\_

Did the individual pick up (from school or childcare) and/or supervise children?

\_\_\_\_\_

Did the person prepare meals daily & perform housekeeping chores? \_\_\_\_\_

Did the person enjoy entertaining at home? \_\_\_\_\_

**Describe "favorites"**

Favorite color: \_\_\_\_\_

Favorite flavor: \_\_\_\_\_

Favorite scent/flower: \_\_\_\_\_

Travel destinations/vacation spots \_\_\_\_\_

Hymns: \_\_\_\_\_

Bible passages: \_\_\_\_\_

Musicals: \_\_\_\_\_



Singers: \_\_\_\_\_

Dance steps: \_\_\_\_\_

Artists/Styles: \_\_\_\_\_

Things that are beautiful: \_\_\_\_\_

Cars: \_\_\_\_\_

Objects of special value: \_\_\_\_\_

TV shows:  
\_\_\_\_\_  
\_\_\_\_\_

Comedians/things that make them laugh: \_\_\_\_\_

**MUSIC**-How important has **music** been in this person's life? Very Moderate Somewhat Not important

Please circle those that apply to this person: played instrument \_\_\_\_\_ likes to sing  
likes to listen likes to watch music videos likes to dance/move likes to perform

Favorite music artists/icons \_\_\_\_\_

Please circle favorite genres: Classical Country Religious/Spiritual Big Band Jazz Classic Rock

Easy listening/relaxation Broadway Musicals Patriotic Ethnic \_\_\_\_\_

List music favorites here (what year was it when this person was between 11-17?)

**Identify familiar projects done with the hands:**

Crafts: \_\_\_\_\_

Needlework: \_\_\_\_\_

Cards/games/puzzles \_\_\_\_\_

Baking/cake decorating: \_\_\_\_\_

Woodworking: \_\_\_\_\_

Fix-it: \_\_\_\_\_

Art/Photography \_\_\_\_\_

Outdoor/landscaping/gardening: \_\_\_\_\_



Home decorating: \_\_\_\_\_

Cleaning: \_\_\_\_\_

Musical instruments: \_\_\_\_\_

**Describe food preferences:**

Meals: \_\_\_\_\_

Snacks: \_\_\_\_\_

Ethnic foods: \_\_\_\_\_

Comfort foods: \_\_\_\_\_

Beverage: \_\_\_\_\_

Sweet: \_\_\_\_\_

Savory: \_\_\_\_\_

Meat eater: \_\_\_\_\_

Fruit/Vegetable eater: \_\_\_\_\_

Describe relationships with pets/animals/birds:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What were his/her favorite clothing styles/colors and accessories?

\_\_\_\_\_  
\_\_\_\_\_

What sports activities does this person like to watch?

\_\_\_\_\_  
\_\_\_\_\_

What forms of exercise/sports does this person enjoy? \_\_\_\_\_

What kind of charities, boards, church activities or clubs was this person involved in?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List & describe hobbies/collections/pastimes:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Does/did this person read for pleasure? \_\_\_\_\_ Read for news and events \_\_\_\_\_

If yes, genres & authors that are preferred:

\_\_\_\_\_  
\_\_\_\_\_

Does/did this person enjoy magazines or journals, catalogues? \_\_\_\_\_

If yes, names & types of magazines/journals:

\_\_\_\_\_  
\_\_\_\_\_

Spiritual preferences and patterns: How important are spiritual practices to this person? TV worship, daily Bible reading, communion, prayer? \_\_\_\_\_

\_\_\_\_\_

Describe the focus of this person's social life and involvement (family, clubs, church, civic, friends), comfortable in big groups, prefers to be alone, extrovert, introvert, initiates conversation, leader etc.

\_\_\_\_\_  
\_\_\_\_\_

Describe family traditions & the importance of holidays, traditions, birthdays in this person's life:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List family members, grandchildren, marital relationship and important friends from the past:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe marital relationship: \_\_\_\_\_

Accomplishments/achievements/awards- Top 10 Most important moments \_\_\_\_\_

\_\_\_\_\_

Identify recurring roles throughout life - (hard worker, helper, sense of humor, confidant):

\_\_\_\_\_

Please include any other information or stories that are of **special** significance to this person.

"Other things I have enjoyed/lifetime experiences that I like to remember and share, stories I like to tell"

Unhappy events/events that trigger negative emotions \_\_\_\_\_