

LAST NAME, FIRST NAME

DATE

ASSESSMENT

EATING & DRINKING

- ☐ I like things arranged in a specific way.
- ☐ I prefer my liquids before / during / after the meal
- ☐ I can't eat if I see someone chewing with their mouth open

Other _____

- ☐ I eat one thing before going to the next
- ☐ I feed myself with my right / left hand.
- ☐ I would GAG if someone fed me!
- ☐ I never eat breakfast

SLEEP & REST

My preference is to:

- ☐ Sleep until noon / stay up till midnight
- ☐ Get up/ go to bed early
- ☐ I rely on clock to wake me.
- ☐ I like to take a nap or two.
- ☐ My side of the bed is on the right

Other _____

BATHING

I prefer (check all that apply): Other _____

- ☐ washcloth
- ☐ bar soap
- ☐ tub bathing
- ☐ shower
- ☐ I start with my hair
- ☐ I wash my feet first

TOILETING

- ☐ The first thing I do is go to the restroom!
- ☐ I do not believe in wasting toilet paper
- ☐ When I have the urge, I need to go NOW!!
- ☐ I need time for the urge to strike
- ☐ I like to read on the toilet
- ☐ I need LOTS of toilet paper!
- ☐ I feel the need when under stress
- ☐ I do not use public restrooms
- ☐ I always stand to urinate
- ☐ I need the door shut
- ☐ I crumple my toilet paper before using
- ☐ I fold my toilet paper neatly before using
- ☐ Other: _____

EXERCISE

Muscles do not get dementia!

- ☐ Exercise has never interested me.
- ☐ I was an athlete in my younger days
- ☐ Let's GO!
- ☐ I know I should exercise, but I cannot get motivated.

Other _____

SELF CARE

I am accustomed to doing things starting with #1 for the first thing I do and #2 for the second.

- ☐ brush my teeth
- ☐ make a cup of coffee
- ☐ use the toilet
- ☐ wash my face

Other _____

DRESSING & UNDRESSING

My preference is to (check & circle all that apply):

- ☐ I wear my clothes to bed
- ☐ Sleep in the nude
- ☐ Sit while I dress.
- ☐ Sleep in my underwear
- ☐ Put my right / left side in first
- ☐ I where pajamas.
- ☐ I wear jockey / boxer underwear
- ☐ I hook my bra in the back
- ☐ I hook my bra in the front.
- ☐ I prefer not to wear a bra
- ☐ I do not wear nylons.
- ☐ I do not wear heels

ADDITIONAL IDEAS