



# FUNCTIONAL MAINTENANCE PROGRAM

“THEIR WAY™” is the way they have always done things.

For example: “The person living with dementia likes to sit down in a chair to put his/her pants on - right left leg first.”

Last Name, First Name: \_\_\_\_\_ Room # \_\_\_\_\_

GEM® Level  Sapphire  Diamond  Emerald  Amber  Ruby  Pearl Date: \_\_\_\_\_

Risk Factors:  Dehydration  Malnutrition  Social Isolation  Falls  Other \_\_\_\_\_

Strategies:  Hand-under-hand (HUH)  Visual / Verbal / Touch  Positive Physical Approach

Cued Needed:  Initiate  Sequence  Switch Gears  Memory Book  Music \_\_\_\_\_

**CHECK ALL THAT APPLY**  I will notice if you are late  I barely notice day / night

## 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
- 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

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

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

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

Please notify other Caregivers if you notice changes in functional status.  
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