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Dementia Oversight Team.Care Options Meeting
Pre-Admission Person-Centered Care Approach Tool

Resident's Name: _____ **Today's Date:** _____

Key considerations in caring for your loved one:

1. When your loved one is upset, you should (choose all that apply):

- Speak in a calm voice.
- Offer no more than two choices.
- Use yes/no questions.
- Keep it simple—do not over explain or discuss events happening in the future.
- Validate what he/she believes is happening in that moment.
- Not argue with him/her, but agree and provide support for his/her current feelings.

2. What does your loved one do when trying to communicate a need?

- Grimaces (may be a sign of pain)
- Wrings hands (may be a sign of anxiety or feeling of insecurity)
- Paces
- Rocks
- Yells
- Displays physical aggression
- Other _____

3. What are your loved one's preferences for routine care practices?

- a. Waking (time, method) _____
- b. Bathing (morning or evening) _____
- c. Dressing (describe routine) _____
- d. Meals (where they sit and with whom) _____
- e. Activities _____
- f. Bedtime (time, method, relaxation techniques) _____

4. What are your loved one's historical preferences regarding activities?

- a. What interests him/her on a daily basis? _____

- b. What activities comfort him/her when he/she is distressed? _____

- c. What activities have you tried that he/she does not respond well to? _____

- d. What did he/she do for a living? _____

5. Is there a person or persons that your loved one is more comfortable with than others?

Name and relation of person(s) _____
Sex of person(s) they respond to better: M F

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