

# Jeffrey



My name is Jeffrey, but you can call me Jeff. Some of my favorite activities include spending time outdoors, birdwatching, and reading. I love talking about my wonderful grandchildren and all things golf!

Revised: 9/20/2022

## Morning Routine

- I do not like to sleep in late so make sure I am up and out of bed between 7 and 8am.
- I like to be in my chair with the newspaper and a cup of coffee before I start my day.

## Bathing Preferences

- I prefer to take a shower before bedtime.
- I would like assistance getting in and out but do not need other help.

## Clothing Preferences

- I prefer dressing in a layer--like a sweater over a shirt--that I can take off later if I get warm.

## Mouth, Nails, Hair Care Preferences

- I prefer to do these tasks by myself.

## Toileting Preferences

- I can use the restroom on my own and do not need assistance.

## Meals and Snacks Preferences

- I prefer eating my meals with friends in the dining room, typically around 6:30pm.
- I like to have ice cream in the evening after dinner on the weekends.

## Outdoor Activity Preferences

- As long as it's not too cold or wet, I like to sit outside after lunch every day and read a book or talk with friends.

## Privacy Preferences

- Privacy is important to me when I am dressing and using the restroom.

## Napping Preferences

- Napping is not important to me.

## Bedtime Routine

- After my shower, I like to sit in my chair to watch sports.
- I prefer to be left alone in the evening.