

# Joan



My name is Joan. I grew up on a farm with my six brothers and sisters and love to reminisce about my childhood there. Some of my favorite activities include listening to audiobooks, visiting with my children and grandchildren, spending time with animals, and enjoying a day at the salon.

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## Morning Routine

- I would like to be escorted to the dining room for breakfast.
- Please remind me to put my hearing aids in.
- Please help me put my hearing aids in.

## Clothing Preferences

- Please assist me with putting on my compression socks when getting dressed
- Please inform me of today's weather so I can choose my clothes (i.e., "It's very cold today let's pick a sweater")

## Toileting Preferences

- Once transferred please provide me privacy.
- Prompt me to use the restroom after breakfast before I attend morning activities.

## Outdoor Activity Preferences

- I love sitting outside in warm weather, please let me know when it is nice enough to go out.

## Napping Preferences

- Please help me into bed after lunch for a one-hour nap before afternoon activities.

## Bathing Preferences

- Please help me to wash my hair and ensure my shoulders/back are washed.
- Please give me one-step instructions so I can help myself.

## Mouth, Nails, Hair Care Preferences

- I prefer to brush my own teeth but please put toothpaste on the brush for me.
- I like my nails short, please assist me in filing them on my shower days.
- Please help pull my hair into a bun.

## Meals and Snacks Preferences

- I tend to skip lunch. Please escort me to the dining room for breakfast and dinner.
- I like to enjoy a light snack in place of lunch. My favorites are popcorn and fresh fruit.

## Privacy Preferences

- I would like privacy when using the restroom.
- Please knock before entering my room, even if the door is open.

## Bedtime Routine

- Prompt me to follow my bedtime routine one task at a time; use restroom, then wash hands/face, brush teeth and mouthwash, change clothes, get into bed under the covers, watch TV channel 6 until 10pm.