

All About

Follow me on my Bethany Care Journey

Care Preferences



Sleep:



Food/Drink:



Approaches:



Dislikes:



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Important Relationships



Picture

Spirituality:



Language:



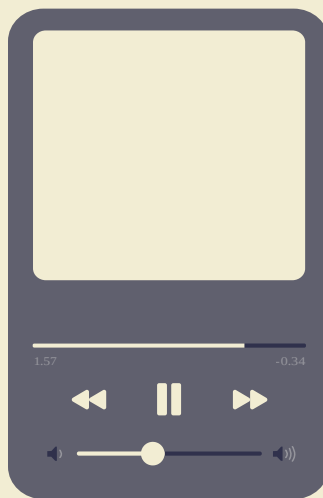
Home:



Occupation:



My Listening Playlist:
(scan me!)



PAL Profile

Meaningful Activities and Conversations



How to fill out 'My Story'

Care Preferences

Sleep:

Include sleep patterns and preferences (e.g., nap times, sleeping in, night owl, early riser, sleep time (6-8 hours), heavy blanket, fan turned on, special pillow, night time routine, music or tv playing, comfort item, warm milk, etc.)

(from "my daily routine" section on the social history form)

Food/Drink:

Identify favorite foods and drinks, sweet tooth, prefers salty foods, along with any specifics to enhance mealtimes (e.g., small portions, skips breakfast, evening snack, mealtime preferences, chocolates, tea with two sugars, brandy, etc.). Do not include diet textures as this may change.

(from "food, drink...preferences" section on the social history form)

Approaches:

Include routines and self care techniques. Consider details pertaining to clothing, personal care, appearance (e.g., nails painted, curled hair, skin care, cultural practices, etc.). Highlight other factors that contribute to an overall good day for the resident (e.g., always have water). Consider approaches that support the resident with care tasks and ADLs (e.g., go slow, do not rush, ask opinion).

(from "my daily routine" section on the social history form)

Likes & Dislikes:

Include preferences and sensitivities related to vision, sound, taste, touch, temperature, and smell (e.g., likes lavender, dislikes being rushed, wrap in a soft blanket, etc.).

Highlight likes and dislikes to specific items (e.g., heat, cold, wind, noises, foods, odors, windows closed, etc.). Identify if the resident has any triggers (e.g., agitated by the color red).

Consider objects, strategies and/or environmental factors (e.g., prefers the outdoors, quiet, dark, comfort items, calm, etc.) that may contribute to stress, alertness or attention, and provide meaningful distraction. This could also include reassurance methods and motivators.

(from "sensory preferences" section on the social history form)

Important Relationships

Include significant people and relationships in the resident's life (e.g., family, support network, blood relatives, chosen family, friends, romantic partners, essential care partners, people seen/spoken to regularly, pets, etc.).

(from "important relationships" section on the social history form)

Picture

Include a picture of the resident that shows who they are as a person (e.g., doing a certain activity, with family, when younger, present day, with favourite pet/animal, etc.)

Note: Picture should be saved as a PNG or JPG to upload.

Spirituality:

Spirituality can be defined as having strong and coherent beliefs about the higher purpose and meaning of life. This includes customs, morals, values, beliefs, culture, traditions, daily practices, and connections (e.g., nature, art, music, family, community, faith practices, meditation, etc.).

(from "spiritual affiliations" section on the social history form)

Language:

Include languages spoken/understood/ may revert to. Consider communication styles (e.g., gestures, boards, facial expressions, sign language).

(from "language" section on social history form)

Home:

Include where resident was born, where resident grew up, cities/ towns, areas, or regions of the world where the resident has lived.

(from "where born and raised" section on the social history form)

Occupation:

Key roles of importance throughout the resident's life and those that occupied the majority of their time such as jobs/careers, parenthood, volunteering, and life passions. Also include if the resident was a veteran.

(from "roles/occupations" section on the social history form)

My Listening Playlist: (scan me)

If resident has a playlist put together (e.g., on Spotify or YouTube), please send the link. A QR code will be created that can be scanned by the staff to use during care or down times.

If resident doesn't have a playlist, please send music/listening preferences. A playlist and a QR code will be created to be scanned.

Note the playlist can consist of music, podcasts, audiobooks, news stations or other media that the resident enjoys listening to.

(from "favorite music" section on the social history form)

Meaningful Activities and Conversations

Highlight activities, hobbies, and/or interests that can be supported in their current setting (e.g., watching sports/sport teams, card or board games, television/movies, physical activities, art/creative activities, cooking/baking, music preferences, instruments played, etc.).

Identify facts about the resident that would spark a meaningful conversation. This could include accomplishments, life events, stories, moments, characteristics, places travelled, past activities, etc.

Consider preferred methods of social contact. Does the resident prefer 1:1s (activities or conversations), small or large group settings? Do they prefer the company of friends, family, or community members? Do they prefer to spend their time in their own room, communal sitting areas, being inside or outdoors, or where applicable, a green space such as an atrium.

(from "hobbies and interests" section on the social history form)

PAL Profile

Indicate resident's Pool Activity Level (from Rec T.) or write N/A if they do not have one.