

# MY PERSONAL DIRECTIONS FOR QUALITY LIVING

Name:

Date:

## To My Caregivers (paid and unpaid):

I am recording my personal preferences and information about my self, in case I need long-term care services in my home or in a long-term care facility. I hope this information will be useful to those who assist me. Please always talk to me about my day-to-day life to see what it is that I want and enjoy. However, the information below may provide some help in understanding me and in providing my care.

**I want my caregivers to know:**

**The way I like to awaken & begin my day:**

**The way I relax and prepare to sleep at night:**

**Activities I enjoy:**

**Things that I would like to have in my room:**

**Foods that I enjoy:**

*For comfort:*

*For fun:*

*Other:*

**Things I do not like:**

**I become anxious when:**

**Things that calm or soothe me:**

**Things that make me laugh:**

**Religious preferences:**

**Other:**

**At the end of my life, I would like:**

**For more information about me please talk to:**

**This form was developed by the National Citizens' Coalition for Nursing Home Reform to encourage communication between those of us who might need care and those who will be providing the care. Please adapt this tool to express your personal preferences, requests and wishes. Be sure to give a copy to your family members and/or trusted friends and talk with them about what you have written.**

**National Citizens' Coalition for Nursing Home Reform  
1828 L. Street NW, Suite 801  
Washington DC 20036  
<http://nursinghomeaction.org>**

**EXAMPLE**

## **MY PERSONAL DIRECTIONS FOR QUALITY LIVING**

Name: *Alice H. Hedt*

Date: *June 16, 2005*

### **To My Caregivers (paid and unpaid):**

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### **I want my caregivers to know:**

*I have led an active and busy life, raising three children (born in four years) and working as an advocate for nursing home residents. My family and friends are very important to me. I enjoy traveling and talking with people who have different life experiences and viewpoints. I have been married for over 30 years. I particularly enjoy singing in choirs and spending time outdoors by water or in the mountains.*

### **The way I like to awaken & begin my day:**

*I enjoy (need ☺) coffee and like to start my day quietly, read the paper, have a quiet devotion time, and then have breakfast while watching the news on TV.*

### **The way I relax and prepare to sleep at night:**

*I am a terrible sleeper. Don't worry if I am up several times, reading, puttering and checking e-mails.*

### **Activities I enjoy:**

*Reading, especially biographies. Going out to eat. Spending time with my friends and family. Movies. Playing some board games. Politics. Manicures, pedicures, massages. Visits – especially from my church family and NCCNHR colleagues and friends. Communicating by e-mail. Learning about other countries and cultures. Concerts. Plays.*

### **Things that I would like to have in my room:**

*My favorite reclining chair- it has heat and vibrates, and an afghan.  
Pictures of where I have traveled.  
The books I have had with me all of my adult life.  
I would very much like a window with a bird feeder and flowers.  
Art posters on the wall – Matisse, O' Keefe*

### **Foods that I enjoy:**

*For comfort: mashed potatoes and gravy, macaroni and cheese (home-made); egg biscuits*

*For fun: watermelon, white sheet cake with vanilla icing, caramel ice cream sundaes - the ones from MacDonald's are cheap and good; caramel corn*

*Other: I enjoy most ethnic foods, especially Thai, Mexican and Vietnamese; I like to drink different kinds of green tea and Merlot.*

### **Things I do not like:**

*Crafts. Food that is really spicy. Prejudice. Chin hairs – please pluck mine!*

### **I become anxious when:**

*I feel pressured to do things that I don't think I should do.*

### **Things that calm or soothe me:**

*Talking with close friends; music; massage; talk radio (especially the game shows)*

### **Things that make me laugh:**

*Children – especially my granddaughter and God children; old movies; funny stories.*

### **Religious preferences:**

*While I have been a Lutheran my whole life and my husband is a Lutheran minister, I am very open to most spiritual experiences and worship opportunities.*

### **Other:**

*I like lotions and soaps that smell good, especially lavender. I enjoy all kinds of music and I like projects – coordinating activities, etc. I prefer sleeping on my left side and need a pillow that is comfortable to me because I have some neck pain. I need my glasses.*

**At the end of my life, I would like:**

*To have a few family and friends with me. I do not want to be alone when I die. It would be very nice if someone would read hymns, psalms, and poetry to me. Please see my living will and advanced directives. I would like for Pastor Wiggins to provide spiritual support if he is available.*

**For more information about me please talk to:**

*My husband Fred; my children – Matt, Melissa and Bethany; my friends, especially Beverly, Sue, Rosemary, Marj, Elma, Sarah, Cilla and Nancy.*

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