



PERSON-CENTERED ALZHEIMER'S & DEMENTIA CARE

Making Daily Connections with (Client's Name) _____

Thank you for participating in the creation of this guide to Making Daily Connections with your loved one.

As part of the person centered philosophy of BrightStar Connections, we strongly believe that each client is a unique individual with a unique life story, set of preferences, and distinct personality. It is an integral part of the BrightStar Connections approach for our specially trained dementia caregivers to get to know each client as they see *themselves*, not only as we see them.

Please help us by being as specific as you feel comfortable being, and return the form to the Registered Nurse Case Manager overseeing your loved one's care as soon as possible. Our Nurse will review the materials with you to make sure that all the information is clear and discuss how best to plan care and programs to meet your loved one's needs. We want to make this as easy as possible for you and will be happy to work with you to capture your loved one's story. Let us know if you would prefer to do this as an interview and let our Nurse do the writing.

Thank you again for sharing your loved one's life story with us so that we can make meaningful connections with each other,

Your BrightStar Connections Team

Agency Name

Address/Contact Info

BrightStar Connections

Daily Connections for _____ **Date of Birth** _____

Please begin by answering some very basic but very important questions.

What does your loved one like to be called? _____

What are some things that make your loved one happy or give them joy?

What is the most important thing we need to know to take the best care of your loved one.

Daily Connections/Basic Routines - tell us about the routines in your loved one's typical day.

Typical Day:

General Wake Up Time/Morning Routines/Breakfast Preferences: _____

Lunch Preferences/Afternoon Routines: _____

Dinner Preferences/Evening Routines: _____

General Bedtime/Sleep Routines/etc: _____

Must Haves for a Good Day:

Connecting Points and Points of Interest - Conversation Starters, Topics of Interest, and Important Events

Ask Abouts (For Example: Ask Dad about the car he drove as a young man – a red Thunderbird convertible)

Topics of Interest (For Example: Mom has owned/raised several liver spotted Dalmatians and volunteered at the local animal shelter for many years)

Particular Areas of Passion (For Example: My sister is a Green Bay Packer Fan and loves to watch football games; she also loves to sing and dance, and makes the world's best date and nut bread)

Significant Events and Accomplishments (For example: My mother was the first female to graduate with a PhD in Veterinary Medicine from Cornell. My husband is a marathon runner and has participated in over 20 marathons in his life and even did an Ironman.) _____

Significant life changes (traumas, tragedies or losses) (For Example: My Father's parents were killed in an accident when he was 16years old and he had to quit school to care for his younger siblings) _____

How important was their job in your loved one's life: _____

List a few words about your loved one's personality that best describes them.

❖ Please attach a copy of a photo that you feel best captures your loved one's personality.

Connecting with Favorite Things - tell us about your loved one's favorites. Be as specific as possible.

Favorite music is: _____

Likes to listen to this radio station: _____

Favorite thing to watch on TV: _____

Favorite source of news: _____

Favorite place to spend time: _____

Favorite travel memories: _____

Favorite piece of clothing in general is: _____

For warm weather they are most comfortable in: _____

For cool/cold weather they are most comfortable in: _____

Favorite beverage is: _____

Favorite foods are: _____

Favorite animal/pet (past and present) has been: _____

Favorite indulgence: _____

Stressors, Soothers and Cues - Your answers will help our specially trained dementia caregivers to know specific and unique things about your loved one, what works and what to avoid when working with them.

Stressors: Situations, topics or actions that are upsetting (for example: radio on in the other room, change in daily routine, too much company, television action shows)

_____	_____
_____	_____
_____	_____

Soothers: Ways to calm down or comfort (for example: reminiscing about family, pets, snack, humor, a comforting touch)

_____	_____
_____	_____
_____	_____

Cues: Changes that mean this person is uneasy or becoming upset (for example: saying, "I want to go home", restlessness, pacing, wanting to be alone)

_____	_____
_____	_____
_____	_____

Disconnections: Special Challenges and Solutions You Want Caregivers to Use to Reconnect

Fill in the blanks using the examples below to help you get started.

Challenge	Have tried...	Usually works best...
EXAMPLE	EXAMPLE	EXAMPLE
Resists bathing	Bubble bath, saying, "we're going out." Starting with a shave & not mentioning the bath	Starting with a shave and not mentioning it

Challenge	Have tried...	Usually works best...

Other things you want us to know:

Client's Name: _____

Family Member/Responsible Party Signature: _____

RN Case Manager Signature: _____

Date Reviewed/Updated: _____