



Gerontology

Resource for Webinar 1: Person Centered Care

Handouts/Worksheets - Getting to Know You & How to Use Them

About Me Sheet

Description: This sheet is to know the residents in a better way. Try and get as much information as you can from the person, from their family, by asking these questions. Then as you find out more information from them to write it in the same place and let others who work with the person know what you know.

About Me – Staff

Description: This is an information sheet about each employee so you know more about them but also could include them in sharing their interests or hobbies with everyone.

Resident Scavenger Hunt

Description: You create a sheet about real residents (see the examples) or about your community. It can be a part of Orientation or to complete over a week. They cannot get the info from fellow staff, it must come from the person, families or their environment.

Brainstorm Tips & Exercise

Description: Staff/Teams need to practice how to brainstorm to understand how to work as a cohesive team and use their knowledge about the residents to give better care.

You can change the question/s you pose to them by changing the second page.

Exercises

Common Ground

Break staff into groups of 3-5, favorably different departments or shifts, folks that don't know each other as well. Have them find a place to be and 1 person can be the secretary and write their answers down. Each group needs to find 5 things that they all have in common. It can't be obvious; "we all work in the same place" or be seen with the eye like "we all have glasses on".

Dig deep - try and find some thing unusual.

Fill up the Flip Chart

Can you put up a piece of flip chart paper for each resident in a secure space. Maybe a piece of 11 x 17 paper if you don't have much room. Have staff write all they know about the person (non-medical) on the flip charts and then review after a week. Talk in a huddle about how to use that information and where it will live.

Books/Sites about Person-Centered Care

Brooker, D. (2007). *Person-Centred Dementia Care: Making Services Better*.

Fazio, S. Seman, D. & Stansell, J. (1999) *Rethinking Alzheimer's Care*. Health Professions Press.

Kitwood, T. (1997/2019) *Dementia Reconsidered, Revisited; the Person Still Comes First*. Open University Press

Power, G. A. (2010). *Dementia beyond drugs: Changing the culture of care*. Health Professions Press.

Person Centred Universe <https://www.personcentreduniverse.com/>

Date _____

Filled By _____

Answers provided by _____

Instructions: It is best to fill this out when the new resident is moving in. It's okay if you are not able to answer all the questions. You can fill them out over time if needed. You may want to ask family members the questions too.

About Me

I like to be called _____.

I like to get up around _____ in the morning.

First thing I do in the morning _____

I like to drink _____ with _____ in the morning.

I like to get dressed before /after I eat breakfast. (circle one)

I like to go to bed at _____

I like to have _____ before bed.

I can go to sleep best when (# of pillows/fan/cold room?/Etc.)

I love to eat _____

I really don't like to eat _____

My favorite thing to cook _____

My favorite ice cream is _____

I grew up In the town/city of _____ State _____

In a (apt/farm/?) _____

My favorite story about growing up is about _____

To me, friendship means _____

The way I like to socialize is _____

When I get angry I _____

When I feel sad I _____

What makes me happy _____

Things that make me afraid are _____

I have had this trauma in my life _____

One thing that can instantly make my day better is _____

I really laugh when _____

I love to talk about _____

My pet peeve is _____

My favorite type of music is _____

My favorite song is _____

My favorite TV show is _____

My favorite thing I own is _____

My occupation/s were _____

My hero is _____

My favorite holiday is _____

The best vacation I ever took was _____

My hobbies are _____

When I go outside, I like to _____

I really like to _____

I speak these languages: _____

One thing I am very proud of is _____

I have always wanted to _____

I know a lot about _____

I am really good at _____

I am curious about _____

One thing I would like to learn is _____

My favorite animal is _____

It is important to me that I do this every day _____

My religious background is _____

This "feeds my soul" _____

If I won a million dollars I would _____

A good day for me would be _____

About Me Sheet: For Staff

My preferred name is _____

My birthday month and day is _____

I grew up in the town/city of _____ &

State _____ Country _____

One thing that can instantly make my day better is _____

My favorite ice cream is _____

My favorite snack/s are _____

I do not have pets _____ I have pets, and they are: _____

What is your favorite thing to do when you're not working? _____

I feel comfortable leading a talk/ a program? Yes? No? Maybe? _____

I could talk about _____ endlessly.

Some things I enjoy doing are:

☐ Reading: What? _____

☐ Watch Movies: What type? _____

☐ Paint: What kind? _____

☐ Sing: What type? _____

☐ Dance: What kind? _____

☐ Board games/Cards: What kind? _____

☐ Exercise: What type? _____

☐ Watch sports: Favorites? _____

☐ Play an instrument: What? _____

☐ Cooking: Favorites? _____

☐ Baking: Favorites? _____

☐ Crafts; What kind? _____

☐ Word games ☐ Yoga ☐ Tai Chi. ☐ Anything outside

Anything else would you like to tell us?

Note: This is an example- you can make one about your residents or even make it a 2 pager and add information about your nursing home. “Where is the fire extinguisher in the lower kitchen?”“Are any animals allowed to come visit the residents??"

Resident Scavenger Hunt

There is a resident that each descriptor is about. There may be 2. Write their name in the blank. When you are finished put it in my “mailbox”. I will draw 1 a week for the month of _____ and you may pick a prize.

A resident who served in the military _____

A resident who had 8 children _____

A resident who has the same birthday month as you.

Month? _____ Who? _____

A resident who ran their own business _____

What was the business? _____

2 residents that plays/played a musical instrument.

Who? _____ Instrument _____ Still play? _____

Who? _____ Instrument _____ Still play? _____

Name 3 residents who have the same eye color as you. _____

Name 2 residents who like to play board games/puzzles.

Name 2 residents who love being outside

Brainstorming Tips

Define the challenge clearly - Start with a specific problem statement or question. Vague topics lead to scattered ideas.

Create a safe environment - Establish psychological safety where people feel comfortable sharing unconventional ideas without judgment.

No criticism or evaluation - The goal is quantity and wild ideas, not immediate quality assessment.

Build on others' ideas - Use "yes, and..." thinking. Combine, modify, and expand on what others contribute.

Stay focused - Keep discussions on topic and redirect tangents back to the main challenge.

Encourage wild ideas - Seemingly crazy suggestions often spark breakthrough thinking or lead to practical solutions.

Document everything - Capture all ideas visibly (whiteboard, sticky notes, digital tools) so nothing gets lost.

Let's Practice

Have 1 person in your group go get a coffee/water cup-preferably paper. Everyone in your group needs to participate. Maybe you want to write the answers or keep everyone focused. Here is your brainstorm topic.

That cup is not a cup. What is its new name? _____

What is it for? _____

Who do you market it to? _____

What is its slogan or jingle? _____



Let's Storm!

What does person-centered dementia care look like to you? _____

Break into small (interdisciplinary) groups. As a group, settle on 1 that you want to work on to improve in your person-centered dementia care. _____

What would/could be how you start the process? _____
