
Who are We Today?

Parent Questions



WHO ARE WE TODAY?

Parent Questions

Physical Status:

List any current chronic illness, e.g., arthritis, diabetes, osteoporosis, etc.

Rate the following:

HEARING	perfect	good	difficult	hearing aides
SIGHT	perfect	good	difficult	glasses
MOBILITY	perfect	need cane	need walker	need wheelchair
EXERCISE	regularly		never	
APPETITE	perfect	good	poor	

IT'S BETWEEN YOU AND ME

Circle the appropriate answer:

Yes	No	Sometimes	I am able to do my own housekeeping including vacuuming, changing linens, laundry
Yes	No	Sometimes	I am able to shower myself and wash my hair
Yes	No	Sometimes	I can cook my own meals
Yes	No	Sometimes	I can manage my own medications
Yes	No	Sometimes	I am comfortable driving myself
Yes	No	Sometimes	I am able to bend, twist, reach, and lift without pain
Yes	No	Sometimes	I have control of my bowels and bladder
Yes	No	Sometimes	I have aches and pains that slow me down

WHO ARE WE TODAY?

Social Status:

List the social activities you are currently involved in:

Circle the answer that best describes you:

Yes	No	Sometimes	I like spending time alone
Yes	No	Sometimes	I am able to shower myself and wash my hair
Yes	No	Sometimes	I like to travel
Yes	No	Sometimes	I like to go out to dinner at least once week
Yes	No	Sometimes	I enjoy meeting new people
Yes	No	Sometimes	I have hobbies I enjoy doing
Yes	No		I work full time outside the home
Yes	No		I work part time outside the home
Yes	No		I have a very demanding job

IT'S BETWEEN YOU AND ME

Yes	No	I am active in more than 2 organizations and groups
Yes	No	I spend at least one hour of quiet time by myself each day
Yes	No	I spend most of my free time helping others
Yes	No	I live within 10 miles of my children
Yes	No	I help take care of my grandchildren
Yes	No	I enjoy traveling as much as possible
Yes	No	I often spend time entertaining friends and family
Yes	No	I do something for myself every week, e.g., massage, nails, a walk
Yes	No	I am close to my siblings or other family members
Yes	No	I have at least 2 close friends that I go to for support
Yes	No	I can easily say "NO" to others

WHO ARE WE TODAY?

Mental Status:

Circle the answer that best describes you:

Yes	No	Sometimes	I enjoy learning new things
Yes	No	Sometimes	I know what medications I'm taking and what they are for
Yes	No	Sometimes	I can't find my keys most of the time
Yes	No	Sometimes	I pay all my bills on time
Yes	No	Sometimes	I remember all my appointments
Yes	No	Sometimes	I forget where I parked the car
Yes	No	Sometimes	I get frustrated with simple tasks
Yes	No	Sometimes	I get confused when too many people are talking
Yes	No	Sometimes	I forget to eat
Yes	No	Sometimes	I worry about my family
Yes	No	Sometimes	I worry about my memory
Yes	No	Sometimes	I am scared when I am alone
Yes	No	Sometimes	I sleep really well
Yes	No	Sometimes	I sleep more than 3 hours during the day
Yes	No	Sometimes	I am lonely

IT'S BETWEEN YOU AND ME

Spiritual Status:

Circle the answer that best describes you:

Yes No I am a religious person and go to church every week

Yes No I am a spiritual person but don't belong to any specific religion

Yes No I don't believe in God or any greater power

Yes No I like to read my Bible or have it read to me

Yes No I enjoy singing hymns

Yes No I love to discuss beliefs with others

Yes No I am comfortable with the idea of death

Yes No I am afraid to die

Yes No I have spent most of my life happy and joyful

Yes No I have spent most of my life struggling and disappointed

WHO ARE WE TODAY?

Fill in the blanks to the following questions:

My greatest joy in life is _____

My greatest fear in life is _____

What I want people to know about me is _____

My greatest achievement has been _____

IT'S BETWEEN YOU AND ME

My *saddest* regret has been _____

The hardest thing I ever had to do was _____

The one thing I want to happen or have before I die is _____

Overall I am a _____ person most of the time.

(answer this with the best descriptive word that feels right to you, e.g., happy, brave, successful, fulfilled)