

At the Table: Before and After the Care Plan Meeting

Questions to ask residents

Identity

- What is your passion?
- What gives you a reason to get out of bed?
- Tell me about accomplishments in life? What do you see as your greatest success?
- Who holds a special place in your life?
- What else would you like use to know about you?
- What makes you, you?
- Tell me about your professional life?
- Can you share with me your life history?
- What gives you purpose?
- What are your hobbies?
- What are your ambitions?
- How would you describe yourself? How would others?
- If you could do anything, what would it be?
- What do you enjoy doing with your wife/family/friends?

Growth

- Is there anything you would like to learn more about?
- Is there anything you wish you knew how to do?
- Are there challenges you faced and how did you overcome them?
- Are their goals you would like to achieve?
- What can you teach us?

Autonomy

- What would you want a typical day to be?
- What choices are most important to you?
- Did you ever make a choice that was not the best, and if so, how did you feel, and how did you overcome it?
- What do you see as obstacles to prevent achieving your goals?
- How do you like to bath, and when?
- What time do you like to rise and go to sleep? Do you have any routines?
- Are you an introvert or extrovert?
- For meals choices, do you have preferences on when or what you eat?
- Do you want make decisions?
- How do you feel when people make the decisions for you?
- What do you do with stress?

Security

- What makes you feel safe?
- Is it possible to be too safe?
- What is your biggest fear?
- Do you and your partner share one bed?
- What keeps you up at night? What causes you to be afraid or anxious?
- Do you have privacy concerns?

Connectedness

- How important are personal relationships?
- Tell me about your family and friends.
- How connected are you to the community? Can you share what those connections have been?
- Can you tell me about your interactions with family members?
- How would you prefer to arrange your room?
- How important is it to you to belong?
- Are you a joiner or watcher?
- Do you like large group, small group, 1:1 interaction (preference)?

Meaning

- What would you say gives purpose to you?
- What is meaningful to you?
- Are there words and principles you live by?
- Do you practice reflection?
- In meeting your needs, what makes it meaningful?
- How important is religion and/or spirituality in your life?

Joy

- What makes you happy? Makes you smile?
- Describe your best day.
- What types of pursuits do you find pleasurable?
- Is there music that brings you joy?
- Do pets bring you joy?
- What gives you hope?
- Who do you talk to when you are upset?
- What gives you strength?