

What Matters Most

Instructions and Worksheet

- 1) Use these sample questions to learn about what matters most to each resident so you can create a Connectedness Care Plan to reduce social isolation. These questions can be used with the resident, their loved ones and care team members who know them well. Certain sections will have a corresponding "Resident Companion Worksheet" which are meant to engage residents who have dementia or have other communication challenges in the conversation about what matters most to them.
- 2) Create an individualized list of goods, items, activities and interventions that can become part of the resident's routine for meaningful connection and enrichment.

Preferred name: _____

What is a favorite memory of yours?

Tell me about a time when you felt: (describe any sensory experience involved)

- *happy/joy/content* _____
- *completely relaxed* _____
- *afraid/worried* _____
- *proud/fulfilled* _____

Who is most important to you and how do you prefer to stay connected?

Are there certain fragrances you find comforting?

Offer a copy of the Resident Companion Worksheet named "**Fragrances I like.../Flavors I like**".

Examples of fragrances not included on the Resident Companion Worksheet: balsam, sandalwood, vanilla, spice, cinnamon, peppermint.

Are there certain flavors you love?

Offer the individual a copy of the Resident Companion Worksheet named "**Fragrances I like.../Flavors I like**".

Here are some flavors that are not included on the Resident Companion Worksheet: sweet, savory, sour, spicy, melon, coconut, honey, butterscotch, caramel, spearmint, wintergreen, cinnamon, bubblegum, red licorice.

What type of music do you enjoy?

Genre	Ask about details and memories
<input type="checkbox"/> <i>Classical</i>	
<input type="checkbox"/> <i>Country</i>	
<input type="checkbox"/> <i>Jazz</i>	
<input type="checkbox"/> <i>Big Band</i>	
<input type="checkbox"/> <i>Swing</i>	
<input type="checkbox"/> <i>Religious</i>	
<input type="checkbox"/> <i>World music</i>	
<input type="checkbox"/> <i>Rock n' roll</i>	
<input type="checkbox"/> <i>Easy listening</i>	
<input type="checkbox"/> <i>Folk</i>	

What are your interests, hobbies or pastimes?

Interest, hobby or pastime	Ask WHY with specifics, and describe
<input type="checkbox"/> <i>Arts and crafts</i>	
<input type="checkbox"/> <i>Writing or journaling</i>	
<input type="checkbox"/> <i>Sports</i>	
<input type="checkbox"/> <i>Knitting, crochet</i>	
<input type="checkbox"/> <i>Gardening</i>	
<input type="checkbox"/> <i>Nature</i>	
<input type="checkbox"/> <i>Cooking/Baking</i>	
<input type="checkbox"/> <i>Reading</i>	
<input type="checkbox"/> <i>Looking at photos</i>	
<input type="checkbox"/> <i>Watching TV/Movies</i>	