



All About Me

Family members and friends may know each other well, but there are some questions that we typically don't ask each other. This document is for each other to use to help them understand what are the most important aspects of your life that are useful to paid care partners who may be part of your arrangement.

This resource is divided into two parts – The Big Picture and Daily Routine. Some people may be able to provide general insights about themselves, and others may be able to provide specific details about their preferences. Depending on what an individual is able to communicate, use the questions in each section to ensure the voice of the person with care needs is included in shaping the care and support arrangement.

The Big Picture

If you were meeting someone for the first time, what's the most important thing they should know about you?

What are your favorite things to do?

How do you like to spend your time?

Do you have any hobbies?

Who do you like spending time with?

Family members? Friends? Neighbors? When do you like to see them? How often do you like to see them?

Are you involved with any groups, clubs, or religious organizations?

Have you been in the past? Which ones?

Are there things you used to enjoy that you think you can no longer do?

Might you be able to do them again with some help?

What else is important for people to know about you?

Daily Routine

When do you typically get up in the morning?

Do you like to get up early or sleep in?

What is your nighttime routine?

Do you like to stay up late or go to bed early? What helps you sleep well?

What do you like to do during a typical day?

When do you like to be with people, and when do you like to have time alone?

What do we need to know about your clothes and what you wear?

What kinds of clothes do you like to wear? What colors do you like to wear?

What should we know about your bathing routine?

What should we know about your meals?

When do you like to eat your meals? What are your favorite foods? What are your favorite drinks? What's your favorite treat? Do you like to eat with other people or by yourself?

What should we know about helping you with your laundry?

When do you usually do your laundry? Do you have a certain kind of detergent that you like to use? Do you have any special instructions about your clothes?

If someone is going to help you with things around the house, what else do they need to know?

**This document was adapted from "What Matters Most: A Guide for My Support and Care" Scripps Gerontology Center, Miami University; Katy Abbott, 12-5-2017 (Ohio Department of Aging).*