



# PARTICIPANT LIFESTYLE BIOGRAPHY

Participant Name: \_\_\_\_\_ Nickname \_\_\_\_\_

Name and relationship of person completing form: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Birth Place: \_\_\_\_\_

## BACKGROUND AND SOCIAL ASSESSMENT

### Reading, Writing, and Arithmetic

Schools attended: \_\_\_\_\_

College Degree: \_\_\_\_\_ Advanced Degree: \_\_\_\_\_

### Military Service

Did you serve in the Military: \_\_Y\_\_ \_\_N\_\_ Branch: \_\_\_\_\_

Did you serve during any Wars: \_\_Y\_\_ \_\_N\_\_ Which One(s): \_\_\_\_\_

Did you receive any Metals or Commendations: \_\_Y\_\_ \_\_N\_\_ Which One(s): \_\_\_\_\_

Did your Spouse serve in the Military: \_\_Y\_\_ \_\_N\_\_ Branch: \_\_\_\_\_

Did they serve during any Wars: \_\_Y\_\_ \_\_N\_\_ Which One(s): \_\_\_\_\_

Did your spouse receive any Metals or Commendations: \_\_Y\_\_ \_\_N\_\_

While in the Military, where were you stationed?  
\_\_\_\_\_  
\_\_\_\_\_

### It's a Family Affair

Name of Spouse(s):											
Marital Status:		M		S		W		D		If deceased, year of death:	
Mother's Name:										Occupation:	
Father's Name:										Occupation:	



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Siblings' Names (and age)

Children's Names (and age)

Grandchildren's Names (and age)

Great Grandchildren's Names (and age)

### Shuffle Board on the Lido Deck!

When interacting with other people, are you: \_\_\_ Social Butterfly \_\_\_ Wallflower

Would you consider yourself a: \_\_\_ Hugger \_\_\_ Hand-shaker \_\_\_ Waver

Can you: \_\_\_ Whistle \_\_\_ Snap Your Fingers \_\_\_ Carry a Tune \_\_\_ Play an Instrument (which one: \_\_\_\_\_)

Can you: \_\_\_ Read \_\_\_ Write \_\_\_ or both?

Do you enjoy being around other people? \_\_\_\_\_

Is the individual aware of his/her diagnosis? \_\_\_\_\_

What life stories are important to him/her?

\_\_\_\_\_

\_\_\_\_\_



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### RECREATION THERAPY LEISURE ASSESSMENT

Favorite season: \_\_\_\_\_

Favorite thing in nature: \_\_\_\_\_

Favorite sport/physical activity: \_\_\_\_\_

Favorite hobby/pastime: \_\_\_\_\_

Favorite place to visit: \_\_\_\_\_

Favorite holiday: \_\_\_\_\_

Favorite pet/animals: \_\_\_\_\_

Favorite snack: \_\_\_\_\_

Favorite reading material: \_\_\_\_\_

Favorite restaurant: \_\_\_\_\_

Favorite food to eat: \_\_\_\_\_

Favorite day of the week: \_\_\_\_\_

Favorite subject in school: \_\_\_\_\_

Favorite thing to wear: \_\_\_\_\_

Favorite thing I own: \_\_\_\_\_

Favorite room in my house: \_\_\_\_\_

I always dreamed I could be: \_\_\_\_\_

What I did for a living: \_\_\_\_\_

Favorite job: \_\_\_\_\_

My biggest accomplishment in life: \_\_\_\_\_

My favorite memory is: \_\_\_\_\_

Righty or a Lefty: \_\_\_\_\_

Do you speak any Foreign Languages? \_\_\_\_\_

Something I'd like to learn is: \_\_\_\_\_

When these things occur, it tends to make me frustrated or anxious: \_\_\_\_\_

\_\_\_\_\_



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### RECREATIONAL THERAPY ACTIVITIES ASSESSMENT

Listed below are many of the activities we offer in the day center. Please check the activities of interest:

Social Activities	✓
Current Events	
Pictionary	
Music Based Topics	
Name That Tune	
Group Discussions	
Board Games	
Scenario Based Discussions	
Other:	

Cognitive Activities	✓
Trivia	
Spelling Bee	
Jeopardy	
Word Games	
Puzzles	
Bingo	
Board Games	
Cards	
Other:	

Physical Activities	✓
Yoga/Tai Chi	
Bowling	
Fitness/ Exercise Program	
Dancing	
Walking Club	
Balloon Volleyball	
Badminton/Tennis	
Frisbee Toss	
Basketball	
Baseball/Softball	
Mini Golf	
Other:	

Expressive Activities	✓
Painting	
Drawing	
Arts & Craft	
Poetry	
Sewing	
Wood Working	
Drama Activities	
Photo Shoots	
Photography	
Singing	
Other:	

Spiritual Activities	✓
Gardening	
Spa Time	
Church-related topic discussion	
Meditation	
Other:	

Sensory Activities	✓
Pet Therapy	
Massage Therapy	
Cooking Group	
Other:	



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### SPIRITUALITY ASSESSMENT

Religious Affiliation: \_\_\_\_\_ Church Attended (if any): \_\_\_\_\_

Regular Attendance: \_\_\_\_\_

What helps you get through (what do you do to cope with) the hard times in life?

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What gives you joy or hope?

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What makes you feel really alive?

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When do you feel closest to God or Higher Power?

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How would you describe your relationship with God?

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What has been your biggest contribution to the world?

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### MUSIC ASSESSMENT

Where did you grow up? \_\_\_\_\_ Native Language: \_\_\_\_\_

Do you have a favorite type of music? \_\_\_\_\_

What music did you listen to when you were young? \_\_\_\_\_

Who was your favorite performer, group, band, orchestra? \_\_\_\_\_

Did you sing at religious services? \_\_\_\_\_

Favorite hymns or other religious music? \_\_\_\_\_

Did you enjoy going to Broadway shows or musicals? \_\_\_\_\_

Did you have favorite TV shows or movies? \_\_\_\_\_

*(theme songs from shows or movie soundtracks can elicit responses)*

Do you remember going to see live music (rock, symphony, ballet, jazz, polka, clubs?)

Do you like to dance? \_\_\_\_\_ What type of dance? \_\_\_\_\_

*(i.e., salsa, ballroom, swing, disco, square dance, polka, line)*

Do you have a favorite classical music composer? \_\_\_\_\_

What songs did you dance to at your wedding? High school prom? \_\_\_\_\_

Do you still have any records, tapes, CDs that were favorites? \_\_\_\_\_

Where can I find them? \_\_\_\_\_

Can you hum any favorite songs? \_\_\_\_\_

*(can use Shazam to identify the song if you don't know it)*

Other Notes: \_\_\_\_\_

## 2018 CALENDAR

Insight Memory Care Center will be closed for the following holidays/ staff development days.

Monday, January 1, 2018	New Year's Day
Monday, January 15	Martin Luther King Jr Day
Monday, February 19	President's Day
Monday, April 16	Staff Training Day/Center Closed
Monday, May 28	Memorial Day
Wednesday, July 4	Independence Day
Monday, September 3	Labor Day
Monday, October 8	Columbus Day
Monday, November 12	Veteran's Day/ Staff Development
Thursday, November 22	Thanksgiving Holiday
Friday, November 23	Thanksgiving Holiday
Monday, December 24	Winter Holiday
Tuesday, December 25	Winter Holiday
Monday, December 31, 2018	New Year's Eve
Tuesday, January 1, 2019	New Year's Day

**Snow Policy:** Insight Memory Care Center will close when Fairfax County Schools are closed. If Fairfax County Schools open late Insight Memory Care Center will open on time. **Please note:** If Fairfax County Schools open late/close early – **FASTRAN DOES NOT RUN.** Under extreme weather conditions we may contact you to pick up your loved one early. You may want to listen to WTOP 1500 am for up-to-date weather conditions, or sign up for the Fairfax County Public Schools Keep In Touch notifications for closure information by email.

**Absence:** If your loved one will not be attending the Center on the regularly scheduled day, call the Center. Remember, in case of illness, accident or doctor's appointment, **call IMCC.**

**\*Fastran will not run if Fairfax County Schools open late or are closed.**