



**Name:**

**Date:**

To my caregivers paid and unpaid:

**I am recording my personal preferences and information about my self, in case I need long-term care services in my home or in a long-term care facility. I hope this information will be useful to those who assist me. Please always talk to me about my day-to-day life to see what it is that I want and enjoy. However, the information below may provide some help in understanding me and in providing my care.**

I want my caregivers to know:

The way I like to awaken & begin my day:

The way I relax and prepare to sleep at night:

Activities I enjoy:

Things that I would like to have in my room:

Foods that I enjoy:

Things I do not like:

I become anxious when:

Things that calm or soothe me:

Things that make me laugh:

Religious Preferences:

Other:

At the end of my life, I would like:

For more information about me please talk to:

*NCCNHR (formerly the National Citizens' Coalition for Nursing Home Reform) is a nonprofit membership organization founded in 1975 by Elma L. Holder to protect the rights, safety and dignity of America's long-term care residents.*

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