

# ASSESSING PREFERENCES

## EPASS Staff Training Module

F0500. Interview for Activity Preferences		
Show resident the response options and say: <b>"While you are in this facility..."</b>		
Enter Codes in Boxes		
<b>Coding:</b> 1. Very important 2. Somewhat important 3. Not very important 4. Not important at all 5. Important, but can't do or no choice 9. No response or non-responsive	Cue Card	<input type="text"/> A. how important is it to you to <b>have books, newspapers, and magazines to read?</b>
	Cue Card	<input type="text"/> B. how important is it to you to <b>listen to music you like?</b>
	Cue Card	<input type="text"/> C. how important is it to you to <b>be around animals such as pets?</b>
	Cue Card	<input type="text"/> D. how important is it to you to <b>keep up with the news?</b>
	Cue Card	<input type="text"/> E. how important is it to you to <b>do things with groups of people?</b>
	Cue Card	<input type="text"/> F. how important is it to you to <b>do your favorite activities?</b>
	Cue Card	<input type="text"/> G. how important is it to you to <b>go outside to get fresh air when the weather is good?</b>
	Cue Card	<input type="text"/> H. how important is it to you to <b>participate in religious services or practices?</b>

### MDS Section F & Preferences

The MDS is a basic tool for assessing how important some basic leisure interests are to our residents. However, in order to truly obtain preferences, there is a need to ask additional questions either in association with the MDS, or through a basic activity assessment.

#### Obtaining Preferences Using Section F Example: "How important is it to you to listen to music you like?"

If the resident indicates that this is "Very Important" or "Somewhat Important" ask follow-up questions such as:

- ♦ What is your favorite type of music?
- ♦ Who is your favorite musician?
- ♦ Would you be interested in attending musical entertainment performances or music therapy groups?
- ♦ Would you like a CD player or MP3 player to play your favorite music in your room?
- ♦ Do you like any other music-related activities, such as singing or playing instruments?

#### Obtaining Preferences an Activity Interest Assessment

There are plenty of activity interest assessments available for use, or you could make your own. If you make your own, be sure to include a place to record resident interests in:

Physical Activity  
Cognitive Stimulation  
Social Involvement  
Religious/Spiritual Preferences  
Creative Endeavors  
Nature Activities  
Educational Pursuits  
Games they enjoy

Also be sure to have a place to report any special adaptations or considerations, preferred activity locations, time of day, or other factors that may hinder or encourage engagement.

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### Assessing Preferences for Non-Verbal Resident, and Residents in the Later Stages of Dementia: Tips for Communication

In the later stages of dementia, many residents have difficulty with verbal communication, and may often have poor word finding, or not be able to verbally communicate their needs altogether. This does not mean that they no longer have desires or preferences. These tips may assist you in realizing resident preferences during this stage of their life:

- ♦ Be observant of body language
- ♦ Approach from the front and identify yourself.
- ♦ Continue to speak with the person normally. This helps to preserve dignity.
  - ♦ Speak with family, friends, or staff who may have known them prior to their current condition.  
They may be able to assist with identifying preferences.
  - ♦ Speak clearly and slowly. Do not yell.
- ♦ Ensure that you are at eye-level with the resident when you are speaking to them.
  - ♦ Minimize distractions in the area.
- ♦ Use assistive devices such as picture boards, communication cards, or technology.
- ♦ Ask questions that require yes or no answers, rather than questions that would force the resident to have to go into details that they cannot remember or express.
  - ♦ Use all senses to communicate - sight, sound, touch, smell, and taste.

