

Section F

Preferences for Customary Routine and Activities

Intent

To assess the degree to which the resident prefers to be involved in the life of the nursing facility and wishes to participate in various social and recreational programs, including solitary pursuits. The primary source of information is the resident.

To record the amount and types of interests and activities that the resident currently pursues, as well as activities the resident would like to pursue that are not currently available at the facility.

Activity Pursuits – Any activity other than ADLs that a resident pursues to enhance a sense of well-being. Includes activities that provide increased: Self-esteem, pleasure, comfort, education, creativity, success, financial or emotional independence.

To provide information on the resident's usual preferred lifestyle and daily routine while in the facility.

Care Plans

Activity Preferences

Dietary Needs

Prefers Own Routine / Unusual Routine

Social Isolation

Strengths

Care Area Triggers

F0500, F0600 – Psychosocial Well-Being

F0300. Should Interview for Daily and Activity Preferences be Conducted? – Attempt to interview all residents able to communicate. If resident unable to complete, attempt to complete interview with family member or significant other.	
	0. No (resident is rarely/never understood <u>and</u> family/significant other not available) → Skip to F0800, Staff Assessment of Daily and Activity Preferences.
	1. Yes → Continue to F0400, Interview for Daily Preferences

F0300. Should Interview for Daily and Activity Preferences be Conducted? Skip Item

Attempt to interview all residents able to communicate. If resident unable to complete, attempt to complete interview with family member or significant other.

0. No (resident is rarely/never understood and family/significant other not available) → Skip to F0800, Staff Assessment of Daily and Activity Preferences.

1. Yes → Continue to F0400, Interview for Daily Preferences

F0400. Interview for Daily Preferences	
Show the resident the response options, and say: "While you are in this facility, how important is it to you to ..."	
Coding:	Enter Codes in Boxes
1. Very important	A. Choose what clothes to wear?
2. Somewhat important	B. Take care of your personal belongings or things?
3. Not very important	C. Choose between a tub bath, shower, bed bath, or sponge bath?
4. Not important at all	D. Have snacks available between meals?
5. Important, but can't do or no choice	E. Choose your own bedtime?
9. No response or non-responsive	F. Have your family or a close friend involved in discussions about your care?
	G. Be able to use the phone in private?
	H. Have a place to lock your things to keep them safe?

F0400. Interview for Daily Preferences

All residents should be asked about preferences. Complete F0400 for all residents who are capable of any communication (B0700 is coded 0, 1, or 2), and for whom an interpreter is present or not required. For residents who are not able to communicate, interview family member, or significant other who knows the resident and can provide information on past customs and preferences.

Suggested language: "I'd like to ask you a few questions about your daily routines. The reason I'm asking you these questions is that the staff here would like to know what's important to you. This helps us plan your care around your preferences so that you can have a comfortable stay with us. Even if you're only going to be here for a few days, we want to make your stay as personal as possible."

Coding:

**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**

Show the resident the response options, and say: "While you are in this facility, how important is it to you to...." A resident response options card can be found on the following page.

A. Choose what clothes to wear?

B. Take care of your personal belongings or things?

C. Choose between a tub bath, shower, bed bath, or sponge bath?

D. Have snacks available between meals?

E. Choose your own bedtime?

F. Have your family or a close friend involved in discussions about your care?

G. Be able to use the phone in private?

H. Have a place to lock your things to keep them safe?

Very important

Somewhat important

Not very important

Not important at all

Important, but can't do or no choice

F0500. Interview for Activity Preferences	
Show the resident the response options, and say: “While you are in this facility how important is it to you to ...”	
Coding:	A Have books, newspapers, and magazines to read?
1. Very important	B. Listen to music you like?
2. Somewhat important	C. Be around animals such as pets?
3. Not very important	D. Keep up with the news?
4. Not important at all	E. Do things with groups of people?
5. Important, but can’t do or no choice	F. Do your favorite activities?
9. No response or non-responsive	G. Go outside to get fresh air when the weather is good?
	H. Participate in religious services or practices?

F0500. Interview for Activity Preferences

CAT – Psychosocial Well-Being

All residents who are able to communicate should be asked about activity pursuit. Complete F0500 for all residents who are capable of any communication (B0700 is coded 0, 1, or 2), and for whom an interpreter is present or not required. For residents who are not able to communicate, interview family member, or significant other who knows the resident and can provide information on past customs and preferences.

Suggested language: “I’d like to ask you a few questions about your daily routines. The reason I’m asking you these questions is that the staff here would like to know what’s important to you. This helps us plan your care around your preferences so that you can have a comfortable stay with us. Even if you’re only going to be here for a few days, we want to make your stay as personal as possible.”

Coding:

- 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**

Show the resident the response options, and say: “While you are in this facility, how important is it you to....”

A. Have books, newspapers, and magazines to read?

B. Listen to music you like?

C. Be around animals such as pets?

D. Keep up with the news?

E. Do things with groups of people?

F. Do your favorite activities?

G. Go outside to get fresh air when the weather is good?

F0600. Daily and Activity Preferences Primary Respondent	
	<p>Indicate primary respondent for Daily and Activity Preferences (F0400 and F0500).</p> <p>1. Resident</p> <p>2. Family or Significant Other (close friend or other representative)</p> <p>9. Interview could not be completed by resident or family/significant other (“No Response” to 3 or more items)</p>

F0600. Primary Respondent

CAT – Psychosocial Well-Being

Family – A spousal, kin, sibling, child, parent, nephew, or in-law relationship

Significant Other – May include close friend, partner, housemate, legal guardian, trust officer, or attorney. May not include staff at the nursing facility.

Indicate primary respondent for Daily and Activity Preferences (F0400 and F0500).

1. Resident

2. Family or Significant Other (close friend or other representative)

9. Interview could not be completed by resident or family/significant other

F0700. Should the Staff Assessment of Daily and Activity Preferences be Conducted?	
	<p>0. No (because interview for Daily and Activity Preferences (F0400 and F0500) was completed by resident or family/significant other) → Skip to G0110, Activities of Daily Living (ADL) Assistance</p> <p>1. Yes (because 3 or more items in Interview for Daily and Activity Preferences (F0400 and F0500) were not completed by resident or family/significant other) → Continue to F0800, Staff Assessment of Daily and Activity Preferences</p>

F0700. Should the Staff Assessment of Daily and Activity Preferences be Conducted?

Skip Item

0. No (because interview for Daily and Activity Preferences (F0400 and F0500) was completed by resident or family/significant other) → Skip to G0110, Activities of Daily Living (ADL) Assistance

1. Yes (because 3 or more items in Interview for Daily and Activity Preferences (F0400 and F0500) were not completed by resident or family/significant other) → Continue to F0800, Staff Assessment of Daily and Activity Preferences

F0800. Staff Assessment of Activity and Daily Preferences			
Do not conduct if Interview for Daily and Activity Preferences (F0400 and F0500) was completed			
Resident Prefers:			
	A. Choosing clothes to wear		K. Place to lock personal belongings
	B. Caring for personal belongings		L. Reading books, newspapers, or magazines
	C. Receiving tub bath		M. Listening to music
	D. Receiving shower		N. Being around animals such as pets
	E. Receiving bed bath		O. Keeping up with the news
	F. Receiving sponge bath		P. Doing things with groups of people
	G. Snacks between meals		Q. Participating in favorite activities
	H. Staying up past 8:00 p.m.		R. Spending time away from the nursing home
	I. Family or significant other involvement in care discussions		S. Spending time outdoors
	J. Use of phone in private		T. Participating in religious activities or practices
			Z. None of the above

F0800. Staff Assessment of Activity and Daily Preferences

CAT – Psychosocial Well-Being

Do not conduct if Interview for Daily and Activity Preferences (F0400 and F0500) was completed

Identical items as in F1 and F3, but assessed by staff, rather than by resident interview.

Resident Prefers:

A. Choosing clothes to wear

B. Caring for personal belongings

C. Receiving tub bath

D. Receiving shower

E. Receiving bed bath

F. Receiving sponge bath

G. Snacks between meals

- H. Staying up past 8:00 p.m.**
- I. Family or significant other involvement in care discussions**
- J. Use of phone in private**
- K. Place to lock personal belongings**
- L. Reading books, newspapers, or magazines**
- M. Listening to music**
- N. Being around animals such as pets**
- O. Keeping up with the news**
- P. Doing things with groups of people**
- Q. Participating in favorite activities**
- R. Spending time away from the nursing home**
- S. Spending time outdoors**
- T. Participating in religious activities or practices**
- Z. None of the above**