

Engagement begins with discovery.

Connecting with your residents—and to their past experiences—is key to engaging them in conversations and recreation. That begins with learning about their history, relationships, and routines. This discovery is critical to knowing them as individuals so you can develop meaningful engagement for them, which reduces their risk for depression, anxiety, declining strength and mobility, and even falls.

This is a starting point for your team if you don't have a discovery process in place. You can complete the document with the resident and their family, if needed. Complete this document for each resident upon move-in, then have staff review it before providing care.

Personal Story

Preferred name Preferred hand Left Right

Living situations and history (Where are you from? Who do you and did you live with? What type of places did you live in? A house/apt/on a farm?)

Marital history and status (Who is involved? Who has been involved? How do you feel about them?)

The most important people in my life are:

<i>Name</i>	<i>Relationship</i>	<i>Name</i>	<i>Relationship</i>
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<i>Name</i>	<i>Relationship</i>	<i>Name</i>	<i>Relationship</i>
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Work history (What jobs have you had in your life?)

Important live events (What are some important things that have happened to you?)

Do you have a spiritual or religious practice?

RESIDENT DISCOVERY DOCUMENT – CONT'D

Interests

What did you and do you like to do for fun?

What's your favorite activity?

What would you like to do if you had the money/time/skill?

Routine

When entering my room, please:

I get up at:

I like to take a shower/bath at:

AM

PM

I like to go to bed at:

I like to nap at:

AM

PM

Likes/Dislikes

My favorite music is:

My favorite snacks are:

I love to talk about:

I prefer to not talk about:

When I get upset, a great way to calm me is: