



## Planning for Dementia: The Advancing Joy Document

Rabbi Dayle Friedman

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This document is intended to empower you to let those who would be caring for you should you have dementia know about your preferences and what would make your days as pleasant and meaningful as possible. You may want to revise this periodically.

**My name (and any nickname I prefer)** \_\_\_\_\_

**Today's date** \_\_\_\_\_

### Nature

I like

- To be outside (walking, sitting) as often as possible
- To have plants in my space
- To have fresh flowers around me
- \_\_\_\_\_ Other (specify)

### Music

I like

- Music playing as often as possible
- Music playing sometimes
- No music playing

My favorite musical genres are

- Rock (which decade/s?)
- Folk
- Country/Western
- Classical
- Indie
- Hip Hop
- \_\_\_\_\_ Other (specify)



My favorite musicians are:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

### Food

Some of my favorite foods are

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Some foods I do NOT enjoy are

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

### People

In general...

- I prefer to be around other people as much as possible
- I prefer to be around people some, but have my solitude, as well
- I prefer my solitude as much as possible

### Spending Time

I enjoy

- reading (what genre) \_\_\_\_\_
- learning (what subjects) \_\_\_\_\_
- card games (which) \_\_\_\_\_
- other games (which) \_\_\_\_\_
- word puzzles
- jigsaw puzzles
- yoga
- exercise (what kind) \_\_\_\_\_

Kinds of things I like to watch on TV

- news
- sports (which)



- comedy
- drama
- documentaries
- game shows
- talk shows
- concerts

### **My Appearance**

What's important to me about my appearance

- outfits that match
- makeup
- styled hair
- perfume/cologne (specify)
- my appearance is not important to me

### **Textures**

I prefer

- feather pillow
- synthetic pillow

I like my pillow

- very soft
- medium
- very hard

I prefer on my bed

- heavy blankets
- light covers

### **Touch**

I like

- 1) To have my hand held
- 2) To have my feet massaged
- 3) To have lotion rubbed on my hands \_\_\_ feet \_\_\_
- 4) Other

### **Creativity**

I enjoy making/doing

- Painting
- Drawing
- Sculpting
- Writing
- Knitting/crocheting
- Other needlework (what?)



Other (what)

I'd like to learn to

- Paint
- Draw
- Write
- Make ceramics
- Sculpt
- Knit
- Other (what?)

I enjoy dancing  If yes, what kind of dance \_\_\_\_\_

I enjoy singing  If yes, what kind of music \_\_\_\_\_

I play a musical instrument? If so, which \_\_\_\_\_

### Religious/spiritual practice

I am

- Christian (which denomination?) \_\_\_\_\_
- Jewish (which movement?) \_\_\_\_\_
- Muslim (which sect?) \_\_\_\_\_
- Buddhist (which branch?) \_\_\_\_\_
- Hindu (which philosophical school?) \_\_\_\_\_
- Other (which?) \_\_\_\_\_

This/these spiritual practices are important to me:

- Personal prayer
- Meditation
- Attendance at religious services (which)
- Observing religious holidays (which)
- Connection to clergy and/or congregation (which)
- Reading scriptures (which?) \_\_\_\_\_
- Studying religious texts (which?) \_\_\_\_\_

\_\_\_\_\_ A religious symbol that's precious to me (e.g., mezuzah, rosary, prayer mat, Buddha, altar, etc.)