

Resident Personal History and Profile

Resident Name:**Move In Date:**

Building A Relationship and Connecting to Enhance Your Journey: It's all about getting to know our new residents and their family to begin developing a meaningful relationship.

Tell me about your life story (where you grew up, family, friends, hobbies, jobs, talents, etc.)

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Do you have something you always wanted to do or want to do again?

Tell me about a typical day? Typical week?

How do you spend your leisure time? (Vacations, cruises, golf, arts, reading, etc.)

What are some unique or interesting facts about you? _____

Are there significant life events we should know about? (Ex: Honors, Achievements, Losses, Relationship Challenges)

Do you have something you have always wanted to do or do again? (Wishes)

I. Physical Living (Ex: Tai Chi, Chair Exercises, Dance, Self-Care Routines, Massage, Balance, Wii Sports, Nutrition)

What do you do to stay physically well? Are there other types of physical fitness you would like to try? (Ex: Boxing, Zumba, Cycling, Yoga) How can we support your physical goals? Would you be interested in introducing a new type of group to the community?

II. Emotional Living (Ex: Journaling, Poetry, Support Group, Humor, Stress Management, Art and Music)

What creates a relaxing environment for you? Are there certain types of music you enjoy? Do you enjoy the arts? Theatre, Opera, Orchestra, Photography, Art exhibits?

III. Living with a Purpose (Ex: Garden Committee, Cooking/Baking, Intergenerational, Leadership Forum)

What gives you a sense of purpose? What was your occupation(s)? Was there a job you would have liked to pursue? Do you enjoy participating in civic organizations, committees and/or clubs? Do you enjoy volunteering? Are there new opportunities you would like to explore?

IV. Social Life & Living (Ex: Planning events, Tournaments, Table Games, Women's/Men's group, Dances)

What activities do you and your friends do together? Do you have regular family gatherings? What types of groups or clubs did/do you participate in? What type of leadership did/do you have in the group/club? Is there a group/club you would like to start or bring to New Haven?

V. Spiritual Life (Ex: Pastoral/Chaplain/Rabbi visits, nature walks, singing, scripture study group)

How can we support your spiritual journey? Have you studied about world religions? Is nature a source of inner peace and connection for you? Are there books you would recommend or that could lead to a discussion group?

VI. Intellectual Living (Ex: Book Club, Lecture Series, Genealogy, Arts/Crafts, Financial Planning, Writing)

What inspires your creativity and imagination? Is there something you would like to explore, to learn? Can you share your skills and talents with other residents through a discussion group? Lecture? Class?
