

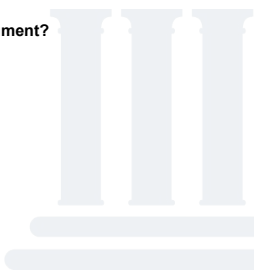
From Story to Care

How life stories transform future care

Jen Graf, MHA, CDCP
Senior Director of Cognitive Health



What is a Passions and Preferences document?

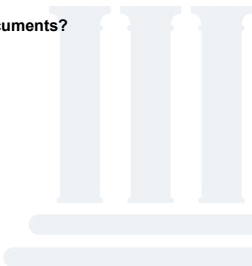


Passions and Preferences — often referred to as "Life Stories," "This Is Me" documents, or "Personal Profiles" —are tools used to record a person's life history, likes, dislikes, habits, and personality traits.

These documents are used to provide person-centered care to those who are no longer able to self-report preferences.



Who needs Passions and Preferences documents?



Among those who turned 65 in 2020, approximately 70 percent will need some type of long-term care during their remaining years.

Women on average will use care for 3.7 years and men for 2.2 years.

Roughly 20 percent of people 65 and over will require long-term care for longer than five years.

Roughly one-third of seniors under 80 with dementia live in long-term care homes (such as nursing homes or assisted living), rising to 42 percent for those over 80.



What is your risk of developing dementia?

Alzheimer's Association

- Age 65: 10-15%
- Age 75: 20-25%
- Age 85: 30-40%

What is your risk of stroke?

Stroke Association

- 75 percent of people who have strokes are over age 70
- There are 795,000 strokes each year in the U.S.
- Approximately 1/3 of those who experience a stroke have problems with speaking, reading, writing, and understanding.

Traumatic brain injuries

National Institutes of Health

- Traumatic brain injuries cause 80,000 ER visits in the U.S. each year for adults over age 65.
- Most common due to falls and motor vehicle accidents.
- Adults over age 75 have the highest rates of hospitalization and death from TBI.
- Older adults often face significant social communication challenges, including difficulty maintaining conversations, slowed processing, and poor topic management.

Pew Research Center national survey

2025

- 64 percent of adults in their 70s have a living will or advance health care directive.
- About 80 percent of adults in their 80s and older have completed these documents.
- There are FEW STATISTICS on adults who have created preferences documents.

Why preferences matter



Choices Activity

Circle five choices you would be willing to sacrifice.
Discuss your choices with your group.

1. Whether you live
2. How close your neighbors are
3. The temperature of your home
4. The furniture you have in your home
5. The decor (photos, art, rugs, wallpaper, etc.) in your home
6. Whether the TV is visible in or on your house
7. What meals you have to eat
8. What program is on the TV you watch
9. What books you read
10. What times you eat meals
11. Whether you have a pet
12. What time you go to bed
13. How many blankets are on your bed
14. What time you get up in the morning
15. What you eat for breakfast
16. What you eat for lunch
17. What you eat for dinner
18. Whether you are choosy about what to eat
19. Whether you take a shower or bath
20. What time of day you bathe
21. How often you are allowed to bathe
22. Who sees you naked
23. Who is allowed to touch you
24. How often you have your hair washed
25. What style haircut you have
26. How often your hair is cut
27. What clothes you wear
28. What shoes you wear
29. What you do for fun
30. Who is allowed to enter your home
31. How often your home is cleaned
32. How often you go to the bathroom
33. Why you go out or sit with or on the phone
34. Why you use or do not use your phone
35. Whether you stay inside or go outside
36. Which brands of medicines and products you use
37. Why you eat meals with
38. What medications you are given
39. What you use for the toilet
40. What health problems you receive treatment for



Priorities and preferences of people living with dementia or cognitive impairment – a systematic review

October 2021

- Review of 45 studies regarding preferences around a) clinical status, b) symptoms, functioning, and quality of life, and c) sustainability of care.
- Among people living with dementia preferences remain present in all aspects of care and daily living.
- Even though the disease progresses, preferences remain stable over time, irrespective of cognitive decline.
- Some studies found that more than one-third of informal caregivers could not correctly predict preferences for persons living with dementia.

Why preferences matter

You choose!

- Preserve identity and dignity
- Reduce anxiety and distress
- Support meaningful engagement
- Improve communication and connection
- Enhance cooperation with care

Why preferences matter

You choose!

- Promote emotional well-being
- Reduce behavioral expressions
- Strengthen trust between caregivers and the person
- Facilitate individual care planning
- Help maintain independence
- Create a positive care environment
- Honor the person's life story

Scenario A: Bob is sundowning

Bob is new to memory care, and the staff knows very little about his past. Bob is not able to share many details, and his family has yet to visit.

Every day around 2 p.m. Bob becomes agitated. He wanders around the memory care unit trying the doors and seems to be looking for something.

When the staff attempts to redirect Bob to play bingo or sit down to relax, he becomes increasingly upset and may yell at staff and residents.



**Scenario B:
Bob is sundowning**

Bob is new to memory care, but he created a Passions and Preferences document before his dementia progressed.

From this document we know:

- Bob worked second shift as a hotel front desk clerk until he retired.
- Bob was a lifelong cat owner.
- Bob enjoys hiking, gardening, and painting watercolor scenes.
- Bob enjoys country music.
- Bob loves popcorn, chips and salty treats.



Sundowning

Area	Profile A: "Typical" sundowner	Profile B: Bob
Energy pattern	Decreases as day goes on	Increases -- "It's time for work"
Behavior type	Withdrawn, anxious, overwhelmed	Activated, task-oriented, mission-driven
Internal story	"I'm tired, confused and need comfort."	"I have responsibilities -- I need to get ready."
Best environment	Quiet, low-stimulus	Structured, purposeful, activity-based
Staff approach	Soothing, slow, reassuring	Engaging, purposeful, validating past role
Activity needs	Comfort objects, gentle activities	Work simulations, music, nature, creative tasks
Triggers	Noise, clutter, change	Lack of purpose, being told "you don't work anymore," boredom
Calming tools	Soft lighting, soft music	Country music, watering plants, cat comfort items, painting, salty snacks

Category	Profile A: "Typical" sundowner	Profile B: Bob
Tone	Soft, soothing, slow	Encouraging, purposeful, confident
Goal of speech	"You're safe. I'm right here with you. Let's sit somewhere comfortable."	"It's almost time for your shift -- I've got your notepad ready. Let's review the guest list before things get busy."
Emotional message	"You're doing just fine. Nothing you need to figure out right now. You're not alone; I'll stay with you."	"You've always run a smooth front desk -- everything is under control. You're right on schedule; things are going well tonight."


Typical phrases	"It looks like the day is getting long — how about we rest? Would you like some quiet music?"	"Here are a few things that need sorting — can you help me with these? ... Country music is playing in the lobby — want to check it out?"
Redirection style	"Let's take things one step at a time. How about we find a cozy spot together?"	"Your shift supervisor called — everything is covered, and you can take a moment to get settled. Let's get things organized before your shift starts."
Response to agitation	"You seem tired — let me help you get comfortable. You're safe; I'm here."	"You're doing great — let's get ready for the evening. Things are quiet at the hotel right now; you can relax for a moment."
Connection method	"I'll stay with you. You're okay, and we can slow things down together."	"Would you like some chips while we check the schedule? ... Let's get ready like you always did before your shift."

Two residents. Same diagnosis. Same time of day. Completely different needs.

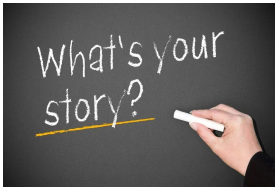

Your communication can:

- Calm anxiety, or trigger it
- Provide purpose, or remove it
- Build trust or break it

Person-centered care means tailoring your approach to each individual's life story, coping style, and internal logic. You can't accomplish this unless you have the right information.



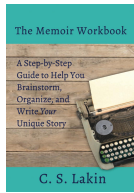
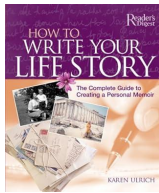
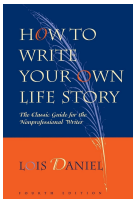
Types of documents

Types of life stories

You choose!

- Narratives
- Audio/video recordings
- Fill in the blank books/publications
- Photo books



There are many how-to books on writing your life story.



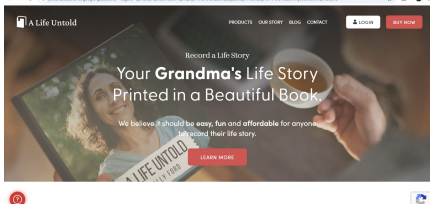
<https://www.lifehistoryservices.com/how-it-works/faq/>



Fill-in-the-blank life histories



[Website builders](#)



[Website builders](#)


Life story template



A life story is a record of someone's personal information, past and present life, and future wishes. It can be shared with family members, friends and health and social care professionals so they understand more about the person and can provide the best possible care and support.

Usually, you should compile a life story by working closely together with the person living with dementia. You may want to use our template alongside other forms of life story, such as memory boxes, videos, collages or audio recordings.

[Printable template](#)



CREATING A LIFE STORY

A Guide for Family, Friends and Support Staff

A Life Story book can be used as a tool to help facilitate person-centred care. It enables carers to engage and communicate with a person living with dementia, understand their unique needs, and provide meaningful interaction based on the person's likes and dislikes and personal history.

Using the information contained in a Life Story book, as well as accompanying photographs and pictures, carers can:

- bring comfort to a person who is upset
- support social interaction
- celebrate important achievements
- help focus the person's attention on pleasant memories
- calm someone who is overwhelmed by a new environment
- support mental stimulation
- build closer relationships with the people in their care

[Printable template](#)

My life story

Name: _____

I was born on: _____

I was born in: _____

I have lived in: _____

Photographs of me
 (click and choose photographs to include – this may be doing different things or at different times during your life. Add a note below the photographs to explain. Delete any unused boxes).

[Printable template](#)

\$8.00

Life Story Printable Workbook - Perfect for Alzheimers Caregivers | Reader Download | Dementia Activity | Personalized Journal for Seniors | ImpressionPrint.com *****

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Highlights

- Designed by Design@Mind@Home
- Digital download
- Digital file type(s): PDF

***Life Story Workbook - Digital Download | Printable & Printable PDF | 22 Pages | Instant Access | Alzheimer's Memory Aid**

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Three Pillars
SENIOR LIVING COMMUNITIES

The Passions and Preferences Project

bit.ly/PassionsAndPreferences

Accessing and storing

- Storage in health records
- Family education and involvement
- Policies/procedures requiring staff review and use by caregivers, lifestyles staff, volunteers
- Daily use of information: shadowbox, this-is-me plaques, information in resident rooms
- Administrative review of use

Questions