

**WORKSHEET FOR BASICS INSERVICE: LOOKING AT THE QUALITY OF LIFE OF INDIVIDUAL RESIDENTS WITH DEMENTIA**

Select one resident with dementia you care for or know and fill in the next 2 sections. Use the BASICS Hierarchy handout as a guide to do this worksheet.

**Section I: Looking At A Resident's Self-Concept And Function**

Resident	Self-Concept	Other Qualities of Self
	<p>How the resident wishes to be seen (roles, traits the resident takes pride in, or that maintain self-esteem)?                      What appearance does the resident present to the world?</p>	<p>(Brought out in certain circumstances)</p> <p>Situation:</p> <p>Qualities:</p>
<p>What the resident can do:</p>	<p>What the resident needs help with:</p>	<p>How can you support the resident's independence and self-concept?</p>
<p>What does the resident like to do most, on his own or with limited assistance?</p>	<p>How can we allow time for this?</p>	<p>Plan to support independence:</p>

<b>Section II: Finding Out About Quality Of Life Using BASICS</b>		
Resident's Quality of Life	What more can we do?	Who would add new interventions to the care plan?  Who will teach each intervention to all staff who care for the resident?
When is the resident most happy?	What interventions can build on this?	Plan:
When is the resident most unhappy?	What else can be done to prevent or lessen this?	Plan:
What else in the resident's life supports his/her autonomy and self-concept?	How can we build on this?	Plan:
What does not?	How can we change this?	Plan:
<p>What are we doing to help the resident meet his/her needs on each level of the BASICS hierarchy? Using <a href="#">Caregiver Goals</a> what actions do we take to meet this residents needs? How do we help the resident to:</p> <p><b>feel safe:</b>  <b>physically comfortable:</b>  <b>experience a sense of control:</b>  <b>feel valued as a person:</b>  <b>experience optimal stimulation:</b>  <b>experience pleasure:</b></p> <p>How can we do more?</p>	<p>Biological:</p> <p>ADL:</p> <p>Social:</p>	<p>Interpersonal:</p> <p>Creative:</p> <p>Symbolic:</p>