

Restorative Sleep Vitality Program – SAMPLE Individual Care Tool

Resident Name:	Mrs. Jane Smith	Room Number Love
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The purpose of this information is to get to know a resident’s preferences, fears, pet peeves, joys, etc. in an attempt to improve their quality of life when working with them. These can be used when attempting to understand why a resident may be having an unmet need, redirect them and provide suggestions for meaningful individualized interventions. In addition, it provides insight into resident preferences and tools to aid them in a full night of undisturbed restorative sleep.

Evening Restorative Sleep Preferences

Intervention	Resident Preference	Additional Information
Aroma Therapy (Morning)	Yes	Feels energized by the scent of Cinnamon
Aromatherapy (Evening)	Yes	Enjoys the scent of Lavender (feels relaxed by it) Interested in using this in the form of Shower Bombs, Diffuser, Lotion, and Room Spray
Warm Blanket	Maybe	Often becomes hot at night
Cool Towel	Yes	Interested in a cold towel with Lavender Aromatherapy in evening since she often gets hot
White Noise Machine	No	
Headphones	Yes	
Ear Plugs	Yes	Prefers complete silence when sleeping
Massage	Maybe	Does not like physical contact, but is open to hand massage
Weighted Blanket	Yes	
Eye Mask	Maybe	Willing to try
Undisturbed Sleep - (Does the resident desire to be woken to be changed or provided with care?)	Yes	Resident is incontinent and at risk for skin breakdown but has stated she prefers No Turning, will use call light PRN

Resident Favorites

Activities	Sudoku, blackjack, solitaire
Animal	Cats and Horses
Color	Purple
Drink	Pepsi and Iced coffee
Food	Pretzels / Liver and Onion
Hobby	Cross Stitch
Music	Fleetwood Mac and 80s music
Television	Harry Potter Movie
People to talk with	Mom and Brother
Book/ magazine topic	Harry Potter
Game	Card Games and word games

Resident Dislikes

<p>Fears</p> <ul style="list-style-type: none"> - Lightning and thunder - Needles and shots (sometimes) 	<p>Pet Peeves</p> <ul style="list-style-type: none"> - Snoring - Hates Squash
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Additional Information

<ul style="list-style-type: none"> - Likes to receive letters / write letters to brother and mom - Likes to play games on tablet - Prefers cold drinks - Prefers to be alone rather than with people - States that she likes to nap several times throughout the day but is open to changing schedule to improve sleep 	<ul style="list-style-type: none"> - Likes a fresh clean bed - Likes journaling sometimes - Likes to color - Likes the feeling of fleece - Likes to take shower just before bed and likes to go to bed between 8-9 - Describes self as happy, content and love - Likes to organize independent outings - Enjoys outings to Starbucks/ King Soopers to get phone cards and drinks
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