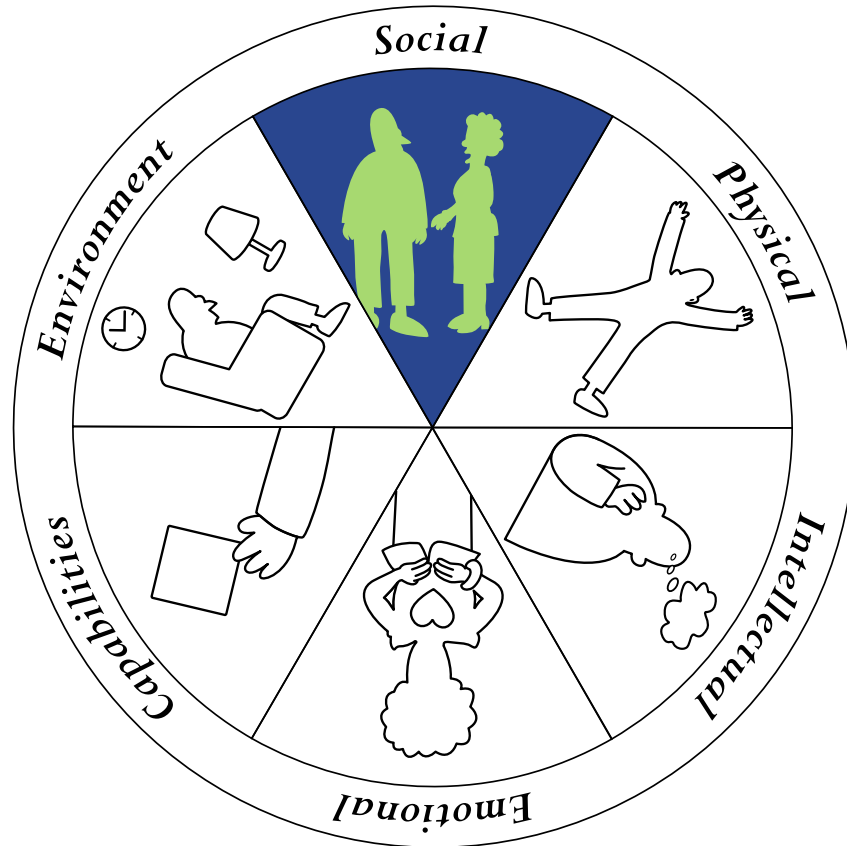


UNDERSTANDING THE IMPACT OF YOUR SOCIAL HISTORY



The P.I.E.C.E.S.™ model describes key factors that affect your experience with dementia.

P – physical well-being	Look after your physical health.
I – intellectual well-being	Manage the symptoms of dementia.
E – emotional well-being	Look after your mental health.
C – capabilities	Recognize and use your strengths.
E – environment	Make the most of your environment.
S – social	Record and share your life story.

If you don't have all of the subsections of P.I.E.C.E.S.™, you can find them and the rest of “My Guide for Living with Dementia” at www.dementianetworksc.org/myguide or at your local Alzheimer Society office.



*This part of
“My Guide for Living with Dementia”
is about your dementia and
your social history.*

Each Person has a unique history. Where you grew up, what your family was like and what type of work you have done are all examples of the experiences that make you a unique individual.

As you manage your dementia over time, it will be more and more helpful for your Partners in Care to understand your social history.





Filling in the many ‘**Getting to Know Me**’ pages in this section is also a good way to look back and to review your life. Important details and events come to mind more easily when we are answering questions. Writing the answers down ensures that the information is not lost. In the future, these pages may also become a treasured memoir.

You may find it helpful to have a Partner work with you to fill them in. Answer the questions that you are comfortable with and consider discussing any others with someone you trust. Another idea is to keep some of the pages, that you feel are more private, in a separate place so that only your closest family or friends are able to read them.



Partners in Care are people who support you and would benefit from knowing more about you. Partners in Care may include your friends and family, your family doctor or other professionals.

Dementia is a general term describing a set of symptoms. These symptoms may include memory loss, language problems, decreased understanding and changes in judgement among others. These symptoms are severe enough to interfere with daily activities.

'Getting to Know Me' – How I Grew Up (page 2 of 2)

Share information with your Partners in Care so that they get to know you better.



SOCIAL



Date: _____

Something else I would like to share about my family is: _____

Traditions and Special Occasions

The most meaningful family traditions or special occasions for me are: _____

I celebrate these occasions by: (*special foods, music, routines*) _____

My religious affiliation is: _____

Spiritual practices that are important to me include: _____

Favourites

My favourite prayer is: _____

My favourite hymn is: _____

Other favourites are: _____

Other activities that I find spiritually uplifting are: _____

'Getting to Know Me' – My Significant Relationships (page 1 of 2)

Share information with your Partners in Care so that they get to know you better.

SOCIAL



Date: _____

A special person that I have shared my life with is:

- a spouse a partner a companion a friend

That person's name is: _____

What I love about him/her: _____

Other special people in my life are: _____

They are special because: _____

Important friends in my life have been: _____

People I still keep in touch with are: _____

'Getting to Know Me' – My Significant Relationships (page 2 of 2)

Share information with your Partners in Care so that they get to know you better.

SOCIAL



Date: _____

I have children and their names are: _____

My favourite memories of my child or children are: *(special moments, personalities, sayings)*

My relationship with my children is: _____

I have grandchildren and their names are: _____

My favourite memories of my grandchild or grandchildren are:

(special moments, personalities, sayings) _____

I enjoy them because: _____

'Getting to Know Me' – My Pets

*Pets are an important part of some people's lives.
Share this information with your Partners in Care.*



SOCIAL



Date: _____

I like pets. Yes No

Comments: _____

I currently have a pet. Yes No

If yes, its name is _____ ; it is a _____ .

I have had the following pets:

_____ who was a _____
(dog, cat, bird, other)

_____ who was a _____
(dog, cat, bird, other)

_____ who was a _____
(dog, cat, bird, other)

A story about my favourite pet is: _____

'Getting to Know Me' – My Life's Work & Play! (page 1 of 2)

Review this page every few months for accuracy.



SOCIAL



S

Date: _____

I attended school up to age: _____ I enjoyed school. Yes No

Comments: _____

My public school: _____

My high school: _____

My college/university: _____

My most vivid memory from school is: _____

Important friends from my school years are: _____

My first job was: _____

My favourite memory about that job: _____

I also worked at these jobs: *(List key responsibilities; include managing your home and raising your children.)*

'Getting to Know Me' – My Life's Work & Play! (page 2 of 2)

Review this page every few months for accuracy.



SOCIAL



S

Date: _____

Hobbies and recreational activities that I have enjoyed: *(gardening, playing cards, dancing)*

Activities that I enjoy now: _____

I belong or belonged to the following social groups or associations:

I volunteer or have volunteered with the following organizations:

'Getting to Know Me' – Life's Ups & Downs! (page 1 of 2)

Share information with your Partners in Care so that they get to know you better.



SOCIAL



S

Date: _____

My Greatest Achievements and Happiest Times

Family events: *(such as weddings, births, trips or reunions)* _____

Work achievements: *(such as promotions, years of service or successfully managing difficult times)*

Personal events: *(such as falling in love, completing a program or caring for a parent)*

'Getting to Know Me' – Life's Ups & Downs! (page 2 of 2)

Share information with your Partners in Care so that they get to know you better.



SOCIAL



Date: _____

Many people experience traumatic, difficult events during their life and choose not to tell anyone. They may have witnessed violence in their home, had a child at a very young age or witnessed atrocities. You may never have told someone else about a difficult time in your life. However, it may be very important for your Partners in Care to be aware of that time. If you are uncomfortable writing this information down, consider discussing it with a close friend, relative or advisor.

My Most Difficult Times

Family problems: *(such as the loss of children, unresolved conflicts or abusive relationships)*

Work issues: *(such as injuries, difficult relationships or environment)* _____

Personal experiences: *(such as being the victim of a crime, witnessing war or conflict, or having a traumatic injury or life-threatening illness)*

'Getting to Know Me' – My Routines (page 1 of 2)

Review this page every few months for accuracy.



ENVIRONMENT

SOCIAL



Date: _____

I wake up at: _____

My breakfast routine is: *(time, foods, alone or with others)* _____

I prefer: tea coffee other I take it with: _____

I prefer: bath shower Time of day: _____

My lunchtime routine is: *(time, foods, alone or with others)* _____

I nap. Yes No When? _____ How long? _____

My evening meal routine is: *(time, foods, alone or with others)* _____

I go to bed at: _____

Before bed, I always: _____

How I sleep: *(pillows, socks, blankets)* _____

I sleep _____ hours per night.

I get up _____ times per night.

Comments: _____

'Getting to Know Me' – My Routines (page 2 of 2)

Review this page every few months for accuracy.



ENVIRONMENT

SOCIAL



Date: _____

I visit the: hairdresser barber How often? _____

Other services I use are: (*footcare, manicure*) _____

I never miss...

_____ on the television.

_____ on the radio.

_____ in my community.

Other things I never miss: _____

I never leave the house without: _____

'Getting to Know Me' – My Favourites

Share information with your Partners in Care so that they get to know you better.



SOCIAL



Date: _____

My Favourites

Food: _____

Drink: _____

Place to visit: _____

Piece of clothing: _____

Music: _____

Movie: _____

Person: _____

When I need to talk to someone:

I trust _____'s opinion.

I rely on _____ for _____

Other important people I feel comfortable talking to are: _____

'Getting to Know Me' – Other Thoughts

Share information with your Partners in Care so that they get to know you better.



SOCIAL



Date: _____

I enjoy: _____

I laugh at: _____

I am upset by: _____

I am embarrassed by: _____

I worry about: _____

I want to avoid: _____

I get angry at: _____

I really dislike: _____

'Getting to Know Me' – Intimacy & Sexuality (page 1 of 2)

Review this page every few months for accuracy.



SOCIAL



Date: _____

Most people want and need to feel close to others... emotionally and physically.

Intimate relationships fill that need and can include companionship, friendship or physical expressions of closeness such as sitting together, hugging or a sexual relationship.

Your willingness to be touched or hugged is one piece of information that Partners in Care should know about you.

Read the following questions and statements and consider what you would like your Partners in Care to know. You may feel self-conscious when answering the questions. If you decide not to write down your answers, consider discussing them with a close friend or family member.

I would describe myself as:

A person who likes to be touched and hugged. Yes No

If yes,

by family? Yes No

by friends? Yes No

by acquaintances? Yes No

Comments: _____

'Getting to Know Me' – Intimacy & Sexuality (page 2 of 2)

Review this page every few months for accuracy.



SOCIAL



Date: _____

As your dementia progresses, you may find that your need for intimacy is changing. You may feel that you would like more or less closeness or physical contact. These changes may surprise your close friends and family but it's important to share how you are feeling.

Lately, I feel that I would like more intimacy. Yes No

Describe: _____

How I feel about sexuality:

- This is a very private matter that should not be discussed. *(go to next page)*
- This is an important part of life but I'm past that now.
- This is an important part of life and I hope that it continues.
- This is a very important part of my life. I intend to remain active.

Comments: _____

There are some common sexual problems that older adults may experience. Women may have drier skin and vaginal tissue, making intercourse difficult. Men may need more time to achieve an erection or may be unable to do this at all. These and other concerns about sexual health can be discussed with a family doctor so that treatment can be considered.

My personal experience and concerns are: _____



'Getting to Know Me' – Check-in

Fill this page in every few months.

A Person with dementia may become more vulnerable to abuse (financial, psychological, physical or emotional). If you have concerns about your situation, call your local Alzheimer Society or confide in someone you know you can trust to initiate help.



Date: _____

I feel safe at home. Yes No

Describe: _____

I am happy with my living situation. Yes No

Describe: _____

I am worried about my finances. Yes No

Describe: _____

Some people make me feel bad about myself. Yes No

Describe: _____

I am getting all the help I need. Yes No

Something I am concerned about: _____

I feel good about: _____

This '**Getting to Know Me**' page may not have described all of your concerns. What else should people know about you and your situation?



SUMMARY

Your social history is complex and this section may have brought many memories to mind. You can add more pages to your ‘Guide’ so that your Partners in Care understand all aspects of your life and personality. Review the ‘**Getting to Know Me**’ pages every few months in case more information comes to mind. If you have any questions, write them down here and consider contacting your local Alzheimer Society office to discuss them further.



Some final tips about social well-being!

- Stay in touch with friends through visits or phone calls.
- Share your favourite memories with family and friends.
- Find an outlet to discuss your feelings and concerns.
Consider contacting the Alzheimer Society in your area for individual or group support.

This part of “My Guide for Living with Dementia” was about **your social history**. You have now completed the last section of P.I.E.C.E.S.[™].

If you don’t have all of the subsections of P.I.E.C.E.S.[™], you can find them and the rest of “My Guide for Living with Dementia” (including a Resource Section) at www.dementianetworksc.org/myguide or at your local Alzheimer Society office.