

## Tell Us About Yourself

Please help us get to know you so that we can plan to make your time at Tiffany's comfortable and enjoyable. There are no right and wrong answers. We respect the fact that people differ in what they are comfortable and uncomfortable with, what they like and dislike, and in their interests and beliefs. Your answers will help us plan activities that we hope you will enjoy and alternatives for activities that you really dislike. Feel free to skip any questions that you feel are irrelevant or intrusive, and add any details or information that you wish.

1. Do you feel more energetic and alert:  
 In the morning     In the afternoon     Both about the same
  
2. How would you describe your comfort level with other people on a scale of 1 to 5, with 1 being very shy and reticent and 5 being very social and out going? \_\_\_\_\_
  
3. How would you describe your comfort level with physical contact on a scale of 1 to 5, with 1 being an aversion to being touched and 5 enjoys friendly contact (handshakes, pats on back or shoulders, hugs for comfort or greeting): \_\_\_\_\_
  
4. Rate how difficult these things are for you on a scale of 1 to 5; with 1 being frequently difficult, 3 being occasionally difficult, and 5 being rarely or never difficult:
  - Communicating your wants and needs \_\_\_\_\_  
\_\_\_\_\_
  - Communicating your likes and dislikes \_\_\_\_\_  
\_\_\_\_\_

- Carrying on a conversation \_\_\_\_\_  
\_\_\_\_\_
- Following directions \_\_\_\_\_  
\_\_\_\_\_
- Concentrating on a task or activity \_\_\_\_\_  
\_\_\_\_\_

5. How often do you experience these feelings? Please indicate the frequency on a scale of 1 to 5, with 1 being frequently, 3 being occasionally, and 5 being rarely. If you know what tends to trigger these feelings or ease them, please elaborate.

- Angry \_\_\_\_\_  
\_\_\_\_\_
- Irritable \_\_\_\_\_  
\_\_\_\_\_
- Anxious \_\_\_\_\_  
\_\_\_\_\_
- Agitated \_\_\_\_\_  
\_\_\_\_\_
- Sad or depressed \_\_\_\_\_  
\_\_\_\_\_
- Confused \_\_\_\_\_  
\_\_\_\_\_

6. What organizations (formal or informal) do you have a special interest in? For example: religious, political, social, or charitable organizations or just a group of friends that meets to visit or do something together.

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7. Former occupation(s), when and where? \_\_\_\_\_

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8. Current or former hobbies and special interests \_\_\_\_\_

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9. VIP's – People who are or were important in your life- family members, friends and other special people. Who are they, where do they live or, if deceased when?

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10. Pets: \_\_\_\_\_

# Favorites

Rate the following things on a scale of 1 to 5, with 1 being a strong dislike, and 5 being a real favorite. Use the line to write in any more information such as favorite authors, movies, programs, stars, etc.

## **BOOKS & STORIES**

\_\_\_ Bestsellers: \_\_\_\_\_

\_\_\_ Mysteries: \_\_\_\_\_

\_\_\_ Horror: \_\_\_\_\_

\_\_\_ Sci-Fi/Fantasy: \_\_\_\_\_

\_\_\_ Romance: \_\_\_\_\_

\_\_\_ Historical Drama: \_\_\_\_\_

\_\_\_ Classics: \_\_\_\_\_

\_\_\_ Poetry: \_\_\_\_\_

\_\_\_ Non-Fiction: \_\_\_\_\_

\_\_\_ Other: \_\_\_\_\_

## **MOVIES**

\_\_\_ Comedy: \_\_\_\_\_

\_\_\_ Drama: \_\_\_\_\_

\_\_\_ Action/Adventure: \_\_\_\_\_

\_\_\_ Mysteries: \_\_\_\_\_

\_\_\_ Thrillers: \_\_\_\_\_

\_\_\_ Horror: \_\_\_\_\_

\_\_\_ Sci-Fi/Fantasy: \_\_\_\_\_

\_\_\_ Romance: \_\_\_\_\_

\_\_\_ Westerns: \_\_\_\_\_

\_\_\_ Other: \_\_\_\_\_

**TELEVISION**

\_\_\_ Sit-Coms: \_\_\_\_\_

\_\_\_ Soaps: \_\_\_\_\_

\_\_\_ Talk Shows: \_\_\_\_\_

\_\_\_ Game Shows: \_\_\_\_\_

\_\_\_ Reality (*Survivor, etc.*): \_\_\_\_\_

\_\_\_ Current Events (*60 Minutes, etc.*): \_\_\_\_\_

\_\_\_ Drama: \_\_\_\_\_

\_\_\_ Crime Drama: \_\_\_\_\_

\_\_\_ Documentaries: \_\_\_\_\_

\_\_\_ Sports: \_\_\_\_\_

\_\_\_ Cartoons: \_\_\_\_\_

\_\_\_ Other: \_\_\_\_\_

Do you like old movies? \_\_\_\_\_ If so, what type or time period?

Do you like old TV series? \_\_\_\_\_ If so, what type or time period?

**MUSIC**

\_\_\_ Country: \_\_\_\_\_

\_\_\_ Rock and Roll Oldies: \_\_\_\_\_

\_\_\_ Rhythm & Blues: \_\_\_\_\_

\_\_\_ Big Band & Swing: \_\_\_\_\_

\_\_\_ Easy Listening: \_\_\_\_\_

\_\_\_ Alternative: \_\_\_\_\_

\_\_\_ Jazz and/or Blues: \_\_\_\_\_

\_\_\_ Classical: \_\_\_\_\_

\_\_\_ Other: \_\_\_\_\_

**FOOD**

- MEATS & SEAFOOD

Favorites \_\_\_\_\_

Dislike \_\_\_\_\_

- VEGTABLES

Favorites \_\_\_\_\_

Dislike \_\_\_\_\_

- FRUITS

Favorites \_\_\_\_\_

Dislike \_\_\_\_\_

- BREADS

Favorites \_\_\_\_\_

Dislike \_\_\_\_\_

- CASEROLES, SOUPS, & SANDWICHES

Favorites \_\_\_\_\_

Dislike \_\_\_\_\_

- BEVERAGES

Favorites \_\_\_\_\_

Dislike \_\_\_\_\_

- SNACKS

Favorites \_\_\_\_\_

Dislike \_\_\_\_\_

OTHER RELEVANT INFORMATION \_\_\_\_\_

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