

A Review of the Daily Quality of Life for: JOHNNY SMITH **Date:** 10/10/06

List all activities that you shared with the Individual. Be sure to include the WHAT, WHO, and WHERE of each activity. Your first activity on all shifts should read: "Arrival to enhance Quality of Life". If providing Respite service, write "In absence of primary caregiver, I arrived to enhance the Individual's Quality of Life." Check (✓) the Goal box if the activity contributed to one of the Individual's goals (ISP, QoL Plan, etc). Then, choose three quality of life activities to describe in greater detail on the back side of this form.

Time	WHAT	Quality of Life Activity WHO	WHERE	Goal? ✓
8:00 AM	ARRIVAL TO ENHANCE JOHNNY'S QUALITY OF LIFE	BILL, JOHNNY	INDIVIDUAL'S HOME	
8:10 AM	PLANNING OF DAY	BILL, JOHNNY, MOM	LIVING ROOM	
8:30 AM	PREPARING BREAKFAST	BILL, JOHNNY	KITCHEN	
8:45 AM	SHARING BREAKFAST	BILL, JOHNNY	DINING ROOM	
9:15 AM	BASKETBALL	BILL, JOHNNY, OTHER CHILDREN AT COURTS	DOWN THE STREET AT JOHNSON PARK	✓
10:30 AM	SNACK	BILL, JOHNNY	FRONT PORCH	
11:00 AM	MINIATURE GOLF	BILL, JOHNNY, BOY SCOUT TROUPE	SWINGIN' GOLF, VALPO	✓
12:00 PM	LUNCH	BILL, JOHNNY, BOY SCOUT TROUPE	SWINGIN' GOLF, VALPO	✓
12:30 PM	VIDEO GAMES	BILL, JOHNNY	BEDROOM	
1:00 PM	PRACTICING SPELLING WORDS	BILL, JOHNNY	LIVING ROOM	✓
1:30 PM	EMERGENCY PRACTICE	BILL, JOHNNY, MOM, DAD, SIBLINGS	HOME	✓
2:00 PM	DEPARTURE	BILL, JOHNNY	HOME	

Before, during, and after your interactions, think about some of the questions below. You are not required to answer them here. Instead, use them to help you reflect on how you teach the Individual to feel safe, loved, loving, and engaged. Think about them as you develop your Portfolio. In dialogue with your Mentor, these questions will often be used as a starting point.

THE FOUR TOOLS

- Are you using your **hands** to help teach and to give encouraging gestures?
- Are you making warm **eye** contact with the Individual?
- Do you support the Individual with affirming **words**?
- Do you use your **presence** to be with the Individual?

THE ELEMENTS OF COMPANIONSHIP

- Are your interactions filled with **warmth** and compassion?
- Are you **actively listening** to the Individual, regardless of his/her methods of communication?
- When the Individual feels unsafe, do you provide comfort with **warmth**?
- Do you honor and reward the Individual **unconditionally** despite the areas of difficulty that arise?
- Do you view the Individual as a client or a **friend**?
- Do you and the Individual engage in activities **together**?
- Is your goal to modify an Individual's behavior or to **build a relationship**?
- Do you account for the Individual's preferences by being **flexible**?
- Does your interaction help build **new memories** for the Individual that companionship is good?
- When communicating, do you give **concrete** explanations?

WHAT I DID DURING OUR INTERACTION

HOW THE INDIVIDUAL RESPONDED

Quality of Life Elements	✓	Quality of Life Activity	WHAT I DID DURING OUR INTERACTION			HOW THE INDIVIDUAL RESPONDED
			During our interaction, I valued the Individual by ...	During the activity, I taught the Individual ...	In order to promote a feeling of safety, I protected the Individual by ...	I knew the Individual was engaged in the activity because he/she reciprocated by ...
Bodily Integrity	✓	BASKET BALL	PLAYING THE GAME TOGETHER WITH JOHNNY; PASSING THE BALL TO HIM; SETTING HIM UP FOR SHOTS	BY HELPING HIM TO INTRODUCE HIMSELF TO OTHER BOYS AT THE PARK	CHEERING FOR JOHNNY EVEN WHEN HE MISSED THE BASKET	CHEERING FOR HIS NEW FRIENDS WHEN THEY SHOT THE BALL
Feeling Safe						
Feeling Self-Worth						
Having a Life Structure						
Sense of Belongingness						
Social Participation	✓					
Meaningful Daily Activities		MINIATURE GOLF	BEING FLEXIBLE WHEN JOHNNY WANTED TO PLAY THE HOLES OUT OF ORDER	THE IMPORTANCE OF TAKING ONE'S TIME WHEN HITTING THE BALL	PATTING JOHNNY ON THE BACK	GRINNING WIDELY WHEN HE MADE A HOLE-IN-ONE
Inner Contentment	✓					
Bodily Integrity						
Feeling Safe						
Feeling Self-Worth	✓					
Having a Life Structure						
Sense of Belongingness						
Social Participation						
Meaningful Daily Activities	✓	EMERGENCY PRACTICE	USING CONCRETE LANGUAGE TO EXPLAIN WHEN WAS GOING TO HAPPEN DURING THE DRILL	HOW TO EVACUATE HIS BEDROOM SAFELY, BY MODELING THE PATH TO WALK	MAINTAINING EYE CONTACT AS WE EVACUATED THE HOUSE	STAYING CALM AND EVACUATING SAFELY WHEN I RANG THE ALARM
Inner Contentment	✓					
Bodily Integrity	✓					
Feeling Safe						
Feeling Self-Worth						
Having a Life Structure						
Sense of Belongingness	✓					
Social Participation						
Meaningful Daily Activities						
Inner Contentment						

Quality of Life Elements	✓	Progress or difficulties regarding one or more Elements
Medical, Dental, Health		JOHNNY MADE COMPLETE SENTENCES USING HIS PICTURE EXCHANGE (PECS) CARDS TODAY AT LUNCH
Communication	✓	
Personal Safety	✓	JOHNNY AND I DISCUSSED THE IMPORTANCE OF NOT PLAYING BASKETBALL IN THE STREET
Mobility and Transportation		
Human Awareness/Sexuality		
Financial		
Mentoring Support		
Other Lifestyle Issues		

Additional comments, concerns, incidents, or areas of difficulty
JOHNNY SPELLED ALL OF HIS VOCABULARY WORDS CORRECTLY!
JOHNNY DIDN'T WANT TO GO TO BOY SCOUTS AGAIN TODAY. I DID MY BEST TO HELP HIM TO FEEL SAFE AND ENCOURAGE HIM TO BE EXCITED FOR THE COMPANIONSHIP OF HIS FRIENDS.

SERVICE: RHS SERVICE: _____ SERVICE: _____
HOURS: 6.00 HOURS: _____ HOURS: _____

BILL PETERSON 10/10/06
CAREGIVER SIGNATURE DATE