

MY PERSONAL DIRECTIONS FOR QUALITY LIVING

Name: Alice H. Hedt

Date: June 16, 2011

Please use my chosen name or nickname listed below:

Alice

My pronouns are: Her and she

To My Caregivers (paid and unpaid) & Family of Choice:

I am recording my personal preferences and information about myself in case I need long-term care services in my home or in a long-term care community in the future. Please always talk to me about my day-to-day life to see what it is that I want and enjoy. However, the information below may provide some help in understanding me and in providing my care. I hope this information will be useful to those who assist me.



I want my caregivers and family of choice to know the following important details about my life story:

I have led an active and busy life, raising three children (born in four years) and working as an advocate for nursing home residents. My family and friends are very important to me. I enjoy traveling and talking with people who have different life experiences and viewpoints. I have been married for over 30 years. I particularly enjoy singing in choirs and spending time outdoors by water or in the mountains.

The way I like to wake up and start my day includes (e.g., how and when to wake up, breakfast preferences, daily beauty and grooming routines, hairstyle):

I enjoy (need) coffee and like to start my day quietly, read the paper, have a quiet devotion time, and then have breakfast while watching the news on TV.

The way I like to relax and prepare to sleep at night includes (e.g., nightly beauty and grooming routine, watch TV, reading, time to go to bed):

I am a terrible sleeper. Don't worry if I am up several times, reading, puttering and checking e-mails.

Clothing I like to wear for daily use, casual attire, special occasions, sleepwear, etc.:

For my daily attire, I prefer comfortable, casual clothes, like my favorite jeans and sweater. For special events, I like to wear dresses or a nice skirt, with one of my necklaces.

Activities and special events I enjoy (e.g., hobbies, exercise, community events):

I enjoy traveling and talking with people who have different life experiences and viewpoints particularly enjoy singing in choirs and spending time outdoors by water or in the mountains.

Things that I would like to have in my room:

My favorite reclining chair- it has heat and vibrates, and an afghan. Pictures of where I have traveled. The books I have had with me all of my adult life. I would very much like a window with a bird feeder and flowers. Art posters on the wall – Matisse, O' Keefe

Foods that I enjoy:

For comfort: Mashed potatoes and gravy, macaroni and cheese (home-made); egg biscuits.

For fun: Watermelon, white sheet cake with vanilla icing, caramel ice cream sundaes - the ones from MacDonald's are cheap and good; caramel corn

Other: I enjoy most ethnic foods, especially Thai, Mexican and Vietnamese; I like to drink different kinds of green tea and Merlot.

Things I do not like:

Crafts. Food that is really spicy. Prejudice. Chin hairs – please pluck mine!

I become anxious when:

I feel pressured to do things that I don't think I should do.

Things that calm or soothe me:

Talking with close friends; music; massage; talk radio (especially the game shows).

Things that make me laugh:

Children – especially my granddaughter and God children; old movies; funny stories.

Religious, spiritual, or other cultural traditions I celebrate or practice:

While I have been a Lutheran my whole life and my husband is a Lutheran minister, I am very open to most spiritual experiences and worship opportunities.

Other information that I want you to know:

I like lotions and soaps that smell good, especially lavender. I enjoy all kinds of music and I like projects –coordinating activities, etc. I prefer sleeping on my left side and need a pillow that is comfortable to me because I have some neck pain. I need my glasses.

At the end of my life, I would like or not like, the following:

NOTE: This document is not intended to take the place of advance care planning. Advance care planning allows you to make decisions for your future care in case you cannot speak for yourself. We encourage everyone to speak with their doctor, loved ones, and/or an attorney about completing an advance directive.

To have a few family and friends with me. I do not want to be alone when I die. It would be very nice if someone would read hymns, psalms, and poetry to me. Please see my living will and advanced directives. I would like for Pastor Wiggins to provide spiritual support if he is available.

For more information about me, please talk to:

My husband Fred; my children – Matt, Melissa and Bethany; my friends, especially Beverly, Sue, Rosemary, Marj, Cilla and Nancy.

This form was developed by The National Consumer Voice for Quality Long-Term Care to encourage communication between those of us who might need care and those who will be providing the care. Please adapt this tool to express your personal preferences, requests and wishes. Be sure to give a copy to your family members and/or trusted friends and talk with them about what you have written.

The National Consumer Voice for Quality Long-Term Care
202-332-2275 www.theconsumervoice.org



Special thanks to SAGE for helping us update this resource to ensure everyone has an opportunity to share what is important to them and their daily life. <https://www.sageusa.org/>

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We refuse to be invisible