

2 Minute Drill

For: Rae

Contributors: Mom, Dad, and Denine

In 2 minutes tell me:

- What should I know (important to/important for), and
- What should I do to make it a meaningful, safe, and enjoyable day for the person?"

Important To

Some of the great things about Rae is that she is an outgoing person who likes to get everyone involved. She likes to socialize at the local coffee shop. She is kind, determined, likes to be listened to and spend time with family. She enjoys cats and all types of rock music.

Actions: Go to the coffee shop and invite Rae's friends. Visit animals.

Important For

It is important for her to follow a diabetic diet and get some exercise each day, while keeping in mind she does not enjoy long walks.

Actions: Go on short, frequent walks. Guide Rae toward healthy food/meal selections