

# Preferences for Everyday Living Inventory

Excerpted for GH Activities Assessment

Elder's Name: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Social Activities</b>	
1. Do you like spending time with <u>large</u> groups of people?	
2. Do you like spending time by yourself?	
3. Do you like being a member of clubs, committees, and other organizations?	
4. Do you like to keep in regular contact with your family?	
5. Do you like touching someone you care about?	Do you like the following kinds of physical contact? <i>a. shaking hands</i> <i>b. holding hands</i> <i>c. sitting close together</i> <i>d. hugging</i> <i>e. kissing</i> <i>f. getting a back rub</i> <i>g. other: (specify)</i>
6. Do you like meeting new people?	
7. Do you like animals?	Do you like the following kinds of animals: <i>a. Dogs</i> <i>b. Cats</i> <i>c. Fish</i> <i>d. Birds</i> <i>e. Other (specify)</i>
Do you like the following kinds of contact with animals (imagine you had no health or apartment restrictions):	<i>a. Petting</i> <i>b. Holding in lap</i> <i>c. Playing with</i> <i>d. Feeding</i> <i>e. Walking</i> <i>f. Watching</i> <i>g. Animals as guard</i> <i>h. Would you like to have a pet now?</i> <i>i. When was the last time you had a pet?</i>
<b>Other Activities</b>	
1. Do you like to be active? Do you have an interest in, or think you would have an interest in the following kinds of activities? <i>a. Walking</i> <i>b. Biking</i> <i>c. Swimming</i> <i>d. Calisthenics/stretching</i> <i>e. Yoga/taichi</i> <i>f. Stair climbing</i> <i>g. Racquet sports</i> <i>h. Bowling</i> <i>i. Weight lifting</i> <i>j. Golf</i> <i>k. Other (specify)</i>	Do you like to exercise in the...morning, afternoon, evening
2. Do you like to participate in religious/spiritual activities? Do you like to do the following religions/spiritual activities: <i>a. Attend religious services</i> <i>b. Pray</i> <i>c. Read scriptures</i> <i>d. Listen to radio services or audiotapes of services</i> <i>e. Watch services on TV</i>	What is your religion?

<p>f. <i>Observe food restrictions because of your religion? If so, what kind?</i></p> <p>g. <i>Have visits from clergy</i></p> <p>h. <i>Receive holy communion</i></p> <p>i. <i>Are there other religious/spiritual activities you enjoy?</i></p>	
<p>3. Do you like doing volunteer work?</p>	<p>If so, what kind?</p>
<p>4. Do you like music?</p> <p>Do you have favorite musicians?</p> <p>Do you like to listen to music in the...</p> <p>a. <i>Morning</i></p> <p>b. <i>Afternoon</i></p> <p>c. <i>Evening</i></p> <p>d. <i>Late night</i></p> <p>Do you like to play a musical instrument? Which one?</p> <p>Do you like to sing?</p> <p>Do you like to dance? What kind of dancing</p>	<p>Do you like, or would you like, to listen to the following types of music:</p> <p>a. <i>Country</i></p> <p>b. <i>Jazz</i></p> <p>c. <i>Blues</i></p> <p>d. <i>Religious (hymns, gospel, klezmer)</i></p> <p>e. <i>Classical</i></p> <p>f. <i>Big band</i></p> <p>g. <i>Show tunes</i></p> <p>h. <i>Opera</i></p> <p>i. <i>Popular/contemporary</i></p> <p>j. <i>Rock</i></p> <p>k. <i>Folk</i></p> <p>l. <i>Other (specify)</i></p>
<p>5. Do you like doing hobbies?</p>	<p>Do you have an interest in, or think you would have an interest in the following kinds of activities?</p> <p>a. <i>Sewing</i></p> <p>b. <i>Painting</i></p> <p>c. <i>Woodworking</i></p> <p>d. <i>Building things</i></p> <p>e. <i>Collecting things (coins, stamps, figurines)</i></p> <p>f. <i>Crocheting</i></p> <p>g. <i>Knitting</i></p> <p>h. <i>Metal working</i></p> <p>i. <i>Fixing things</i></p> <p>j. <i>Drawing/sketching</i></p> <p>k. <i>Ceramics</i></p> <p>l. <i>Gardening</i></p> <p>m. <i>Cooking</i></p> <p>n. <i>Baking</i></p> <p>o. <i>Fishing</i></p> <p>p. <i>Playing cards</i></p> <p>q. <i>Board games</i></p> <p>r. <i>Bingo</i></p> <p>s. <i>Computers</i></p> <p>t. <i>Cars</i></p> <p>u. <i>Other (specify)</i></p>
<p>6. Do you like watching TV?</p> <p>Do you like to watch TV in the...</p> <p>a. <i>Morning</i></p> <p>b. <i>Afternoon</i></p> <p>c. <i>Evening</i></p> <p>d. <i>Late night</i></p> <p>Do you have any favorite programs?</p>	<p>Do you enjoy...</p> <p>a. <i>News programs</i></p> <p>b. <i>Nature programs</i></p> <p>c. <i>Political programs</i></p> <p>d. <i>Documentaries</i></p> <p>e. <i>Dramas</i></p> <p>f. <i>Mysteries</i></p> <p>g. <i>Game shows</i></p> <p>h. <i>Soap operas</i></p> <p>i. <i>Comedies</i></p> <p>j. <i>Cartoons</i></p> <p>k. <i>Movies</i></p> <p>l. <i>Sports (favorite team_____)</i></p> <p>m. <i>Other (specify)</i></p>

7. Do you like going to movies?	
8. Do you like listening to the radio?  On the radio, do you enjoy listening to... a. <i>Music</i> b. <i>Sports broadcasts</i> c. <i>News</i> d. <i>Talk shows</i> e. <i>Religious programs</i> f. <i>Other (specify)</i>	Do you like to listen to the radio in the... a. <i>Morning</i> b. <i>Afternoon</i> c. <i>Evening</i> d. <i>Late night</i>
9. Do you like reading?  Do you like to read... a. <i>Fiction</i> b. <i>Science fiction</i> c. <i>Magazines</i> d. <i>Romances</i> e. <i>Nonfiction</i> f. <i>Biographies</i> g. <i>Poetry</i> h. <i>Mysteries</i> i. <i>Newspapers</i> j. <i>Other (specify)</i>  Do you enjoy listening to books on tape?  Do you enjoy having someone read to you?	Do you like to reading in the... a. <i>Morning</i> b. <i>Afternoon</i> c. <i>Evening</i> d. <i>Late night</i>
10. Do you like cultural activities such as concerts, theater, and museums?  Do you enjoy going to museums of... a. <i>Art</i> b. <i>Science</i> c. <i>History</i> d. <i>Other (specify)</i>	Do you like attending musical concerts?  Do you like attending plays?  Do you like going to museums?
11. Do you like to eat at restaurants?  Do you like the following kinds of food? a. <i>Chinese</i> b. <i>Italian</i> c. <i>French</i> d. <i>Mexican</i> e. <i>American</i> f. <i>Seafood</i> g. <i>Pizza</i> h. <i>Vegetarian – do you consider yourself a vegetarian?</i> i. <i>Fast food</i> j. <i>Other (specify)</i>	Do you like to eat out for... a. <i>Breakfast</i> b. <i>Lunch</i> c. <i>Dinner</i> d. <i>Coffee or other beverages</i>
12. Do you like to travel?	Do you like traveling to other cities?  Do you like traveling to other countries?
13. Are there activities that you wish to do or learn that you have never done or tried before?	
14. Is there anything else about your activity preferences that you would like to tell us?	