

What a Good Day Looks Like

Diane's first question was not what happened. It was tell me about Elaine, asked before anything had gone wrong. This page is that question, written down.

Everything on it is knowledge that lives in one person's head until somebody writes it out. A substitute who has this page has most of what a regular caregiver spends months learning.

Who they were before any of this. Work, church, hobbies, what they were known for.

What a good day looks like, in their own words if you can get them.

Routines that matter. What time, in what order, and what happens if it slips.

The wrong question to ask, and the right way to offer instead.

Food and drink. How they take it, what they will not eat, what they will always accept.

What settles them when they are agitated.

What sets them off.

Names, relationships, and stories they return to.

ANYTHING ELSE A NEW PERSON WOULD NEED TO KNOW ON THE FIRST MORNING
