

Pleasant Events for Veterans in CLCs



- Watching a sunset
- Reading a good story, play, or poem
- Breathing fresh air
- Being understood
- Watching TV
- Thinking about something good from the past
- Laughing
- Eating a snack
- Snuggling in a comfortable chair
- Holding hands
- Eating lunch with friends
- Taking a walk
- Being complimented
- Hearing about family activities
- Wearing new clothes
- Listening to the radio
- Getting letters, cards or notes
- Getting a manicure
- Visiting with staff
- Having hair brushed or combed
- Looking at a newspaper
- Having makeup applied
- Being offered hand lotion or a massage
- Being told he or she is needed
- Seeing or smelling a flower or a plant
- Reminiscing, talking about old times
- Listening to music
- Praying
- Singing
- Hearing the chirp of birds
- Smelling freshly baked bread

Adapted with permission from Teri, L., Huda, P., Gibbons, L., Young, H., & van Leynseele, J. (2005). STAR: A dementia-specific training program for staff in assisted living residences. Gerontologist, 45, 686-693.

Pleasant Events Schedule: AD
(Short Version)

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Instructions: This schedule contains a list of events or activities that people sometimes enjoy. It is designed to find out about things your relative has enjoyed during the past month. Please rate each item twice. The first time, rate each item on how many times it happened in the past month (frequency); the second time, rate each event on how much your relative enjoys the activity.

Activity	Frequency			Enjoy		
	Not At All	1 to 6 Times	7 or more Times	Not At All	Some-what	A Great Deal
1. Being outside						
2. Shopping, buying things						
3. Reading or listening to stories, magazines, newspapers						
4. Listening to music						
5. Watching T.V.						
6. Laughing						
7. Having meals with friends or family						
8. Making or eating snacks						
9. Helping around the house						
10. Being with family						
11. Wearing favorite clothes						
12. Listening to the sounds of nature (birdsong, wind, surf)						
13. Getting/sending letters, cards						
14. Going on outings (to the park, a picnic, etc.)						
15. Having coffee, tea, etc. with friends						
16. Being complimented						
17. Exercising (walking, dancing, etc.)						
18. Going for a ride in the car						
19. Grooming (wearing make up, shaving, having hair cut)						
20. Recalling and discussing past events						

Pleasant Events-NH INITIAL ASSESSMENT

(Suzanne Meeks, PhD; Adapted From Logsdon & Teri, 1997)

Rate the following items according to whether they are now (or would be) a pleasant activity. The rate whether they were **AVAILABLE during the PAST MONTH**, and then the **FREQUENCY with which you did them in the PAST WEEK**. Add other activities as appropriate on the bottom of the form.

Activity	<u>Now pleasant</u> 0=no 1=yes	<u>Available past month</u> 0=not at all 1=Yes	<u>Frequency past week</u> 0=not at all 1=1-6 times 2=7+ times
1. Sitting, walking, or rolling wheelchair outside			
2. Reading or listening to books on tape			
3. Listening to music in your room			
4. Having someone read you something in your room, such as the newspaper, cards			
5. Watching T.V.			
6. Doing crossword, jigsaw, word games puzzles, etc.			
7. Talking on the telephone			
8. Doing handwork (crocheting, woodworking, crafts, drawing, ceramics, clay work, etc.)			
9. Laughing			
10. Having a visit from family or friends			
11. Shopping or buying things			
12. Sharing a meal with friend or family			
13. Making or eating snacks			
14. Wearing favorite clothes			
15. Listening to the sounds of nature			
16. Getting or sending cards, letters			
17. Going on an outing (e.g., visit home, out to eat, visit to family/relative)			
18. Having coffee, tea, cocoa with others			
19. Being complimented			
20. Being told I am loved			

Activity	<u>Now pleasant</u> 0=no 1=yes	<u>Available past month</u> 0=not at all 1=Yes	<u>Frequency past week</u> 0=not at all 1=1-6 times 2=7+ times
21. Exercising (walking, stretch class, physical therapy)			
22. Going for a ride in a car			
23. Grooming (wearing make-up, shaving, having nails done)			
24. Having a shower or bath			
25. Recalling or discussing past events			
26. Participating in a group activity (e.g., Bingo, current events, Trivia)			
27. Attending religious services			
28. Listening to a musical performance (e.g., in dining room)			
29. Talking with another resident			
30. Watching others in hallway			

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INSTRUCTIONS FOR USING THE PLEASANT EVENTS PLANNING FORM

On the Pleasant Events Schedule: AD and the Pleasant Events-NH forms, MARK OUT all events THAT ARE NOT CURRENTLY PLEASURABLE, OR ARE NOT AVAILABLE. From the remaining list, then identify those specific activities that will be targeted for the following week, and fill out the Pleasant Events Planning Form (next page) for those activities. In planning events, remember to consider the following:

1. *Is the event feasible and easy for next week?*
2. *Is the event one that will be particularly enjoyable to the resident?*
3. *Is the event appropriate for this resident's abilities?*
4. *Is the event easy for staff to facilitate, or will it pose extra burden on staff?*
5. *What are the barriers to making this event happen? How can staff minimize these barriers?*

PLEASANT EVENTS PLANNING FORM

Date of Session: _____
of Events Planned for Next Week: _____

	Fill out these columns THIS week:		Fill out these columns NEXT week:	
	Describe Event	Time/Day	Did Event Occur?	If Not, Why not?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Notes: (who will assist, potential barriers to be dealt with, etc.): _____

