

Template: My Daily Preferences Guide

A day-to-day guide for my family, friends, and carers.

This guide is about the small things that make my day better. These details help create a comfortable, familiar, and happy environment for me.

My Name: [Your Name]

Date: _____

My Routine

Morning: (e.g., I like to wake up around 8 am. I prefer tea over coffee. I enjoy listening to the radio while I have breakfast.)

Afternoon: (e.g., I usually like to have a nap after lunch. I enjoy sitting outside in the sun for a little while.)

Evening: (e.g., I like to watch the 7 pm news. I prefer a light dinner. My bedtime is usually around 10 pm.)

My Comforts and Enjoyments

Food and Drink:

- **Favourite meals:**

- **Favourite snacks/treats:**

- **Things I dislike:** _____

Activities I Enjoy:

- **Music:** [Favourite artist, genre, or radio station]
- **TV/Movies:** [Favourite shows, movies, or genres]
- **Reading:** [Favourite books, magazines, or authors]
- **Other Hobbies:** [e.g., Puzzles, gardening, knitting]

My Social Preferences

Visitors:

- ☐ I enjoy having visitors and lots of company.
- ☐ I prefer short visits with just one or two people at a time.
- ☐ I need quiet time to myself each day to recharge.

Conversation:

- **Topics I enjoy talking about:** [e.g., My family, my career, gardening, current events]
- **Topics I prefer to avoid:** _____

Thank you for taking the time to understand me.

Signed: _____

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