



Reflexion tools

Interdisciplinary meeting

You are the resident

Here are a few ideas to help you prepare for the interdisciplinary meeting

What is most important to you at this time in your life? What motivates you? What's dear to your heart?

What's on your mind? What are your challenges?

What did you accomplish in your daily life that you would like to continue?

What are the strengths that can help you achieve your goals?

Based on my interests and abilities, how can I get involved in my community?

Any other topics or questions you'd like to ask?

Don't hesitate to consult with significant people who know you well and can help you identify what's most important right now.

By being well prepared for the meeting, you're helping us to prepare ourselves. It's another way we can take good care of you, with you.



santeestrie.qc.ca/rencontre-inter

Meeting date : _____

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie - Centre
hospitalier universitaire
de Sherbrooke



Direction de l'hébergement
en soins de longue durée

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Interdisciplinary meeting

You are the caregiver

Here are some ideas to help you prepare to represent the needs of your loved one at the interdisciplinary meeting.

What is most important to them at this point in their life? What motivates them? What's dearest to their heart?

What's on their mind and what could make them feel better? What are their challenges?

What did they accomplish in their daily life that they would like to continue?

What are their strengths that can help them achieve their goals?

Depending on their interests and abilities, how can they get involved in and with their community?

Any other topics or questions you'd like to ask?

Don't hesitate to consult your significant others who know them well and can help you identify what's most important right now.

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