

Basic Human Needs Worksheet
(With a couple of examples to help you get started)

Needs	Ways You Currently Meets These Needs	New Ways to Meet These Needs
<p>Physiological needs</p> <p><i>“Basic human needs~ food, water, and comfort.”</i></p>	<p>Serving hot meals with the right number of calories</p>	<p>Giving a choice of food at mealtime</p>
<p>Safety needs</p> <p><i>“The desire for security, stability, and safety.”</i></p>	<p>Alarms on doors</p>	<p>Consistent assignment</p>
<p>Social needs</p> <p><i>“The desire for affiliation ~ friendship and belonging.”</i></p>	<p>Sing along in the common room</p>	<p>Creating social nooks for conversation</p>
<p>Esteem needs</p> <p><i>“Desire for self-respect, respect and recognition from others.”</i></p>	<p>Complimenting residents on their appearance: don't you look nice today”</p>	<p>Learning something about a resident's life story or an accomplishments of which they are proud and talking with them about it</p>
<p>Self-actualization needs</p> <p><i>“The desire for self-fulfillment”</i></p>	<p>Having a resident fold napkins</p>	<p>Asking a resident to teach you something</p>

