

# Sense of Humor Profile

Each person is an individual with a unique sense of humor. Finding out answers to the following questions will help care partners figure out what kind(s) of humor will be most successful with each individual.

Person's Name: \_\_\_\_\_

1. How would you describe the person's sense of humor? (You may want to use words such as playful, likes to tease, sarcastic, likes to tell jokes, etc.)

\_\_\_\_\_  
\_\_\_\_\_

2. When the person thinks something is funny, how does he or she *usually* react?

- smile or grin  
 chuckle to him/herself  
 laugh or giggle  
 roll his or her eyes  
 other (please list) \_\_\_\_\_

*Knowing a person's usual reaction(s) to humor will help you determine when a person thinks something is funny or when to try a different approach.*

3. Does/did the person have a favorite joke or funny story? Does the person like to tell the joke/story or hear someone else tell it? If the person has memory loss, is there a punch line or a particular part of the story they still remember?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Once you find a phrase or saying that someone finds humorous, you can use it to evoke a laugh or a smile during everyday conversation. If a person with dementia finds something funny, that person may enjoy hearing it repeated several times a day!*

4. Who are/were the person's favorite comedian(s)? (Please list below.)

\_\_\_\_\_  
\_\_\_\_\_

*Knowing a person's favorite comedian(s) will help you learn more about that person's unique sense of humor.*

5. Does/did this person have a favorite radio or television comedy? (Please list all that apply below.)

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*Knowing a person's favorite radio or television comedy will also help you learn more about that person's sense of humor. Many television comedies such as "I Love Lucy" and "The Honeymooners" are re-run on television or available on DVD. Remember that simply watching the shows is only half the fun. Engaging the person by talking about what you're seeing and laughing together makes for a much more fun and meaningful experience!*

6. What kinds of humor might NOT work for this person?

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*Knowing what a person doesn't find funny is often as important as knowing what they do find funny.*

*In addition to the questions listed above, it may be helpful to keep a humor diary for the person. When a care partner notices that the person finds something funny or amusing, he or she can take a few moments to record it in the humor diary. Over time, caregivers may notice a pattern and become better able to predict what kinds of humor interventions may be successful in a variety of situations. Important information for the humor diary may include:*

- *What happened? What were the circumstances?*
- *What in particular did the person seem to find humorous?*
- *How did the person react? (Laughing, smiling, etc.)*
- *Were other people involved? What roles did they play?*

*Here is a brief example of an entry from a humor diary:*

*Today, when Mary and I went for our morning walk, we saw some dogs playing in the park. One of the dogs kept chasing its own tail and spinning around in circles. I pointed this out to Mary and said, "Look at him go!" Mary loved this! We watched the dog for several minutes, laughing, and several times, she repeated the phrase, "Look at him go!" A couple of times later that day, I reminded Mary about the dog and how funny he looked. Every time I brought up the dog, we both had a good laugh.*