



Colorado CareAssist

FAITH & CULTURE CARE PROFILE

How faith and culture should shape care at home

A family-fillable profile for any household, including no faith at all. Tell us what matters, what to avoid, and whom to call, so every caregiver follows your home instead of guessing.

Every home runs on its own rhythm of food, rest, prayer, memory, and ritual. Good care fits into that rhythm. It never asks the person to fit into ours.

Fill in whatever applies and leave the rest blank. This profile becomes part of the care record so the same answer does not have to be explained again at every shift change.

Our discipline: ask, document, follow, never impose

Ask the household what it actually observes, rather than assuming from a last name or an accent.

Document it here, in the person's own words. **Follow** the written instructions on every visit. **Never impose** a practice the household did not choose.

Our caregivers never bring their own religion or politics into your home.

Secular and no-faith homes are fully covered here. If none of this applies, write "none" and move on. For a home that has not asked for it, we do not bring religion into a home that has not asked for it.

Person receiving care

Date completed

Primary family contact

Phone

How the household describes its tradition or preference (self-described; "none" is a complete answer)

01 Dietary and kitchen rules

Which standard does this household follow? (check all that apply)

Kosher

Halal

Lenten abstinence (no meat on designated days)

Orthodox Christian fasting foods

LDS Word of Wisdom (no alcohol, tobacco, coffee, tea)

Vegetarian or vegan

No dietary practice

Other:

Which certifications or labels does the household accept? (for example, a specific kosher symbol or halal certifier)

Kitchen rules the caregiver must follow (separate dishes, no alcohol in cooking, where items live)

Foods or drinks to keep out of the home

02 Day of rest and worship schedule

Day of rest observed

- Friday sundown to Saturday nightfall
- Sunday
- Other:
- None

What helps on that day

- Transportation to services matters
- Streamed or televised services matter
- A quiet home on the day of rest matters
- Preparing for the day in advance matters

Regular worship schedule (day, time, place)

What changes for the caregiver on the day of rest

03 Clergy and congregation contacts

Names of institutions, congregations, and clergy are welcome here. We do not need and will not ask for a list of members or fellow congregants.

Faith community or institution

Clergy or spiritual leader

Phone

Congregation address or main phone

May the care team contact them on the household's behalf?

- Yes
- No
- Ask family first

When should they be contacted?

04 Fasting seasons and the medication plan

Fasting seasons or days observed (for example, Ramadan, Yom Kippur, Lent, Orthodox fasts, Ekadashi; check all that apply or write "none")

Medication safety rule. Never stop, delay, crush, substitute, or change a medication because of a fast or a holiday without instructions from the prescribing clinician.

The medication plan for fasting days (what the prescriber instructed)

Confirmed by (clinician)

Date confirmed

05 Meaningful music, prayers, and rituals

Memory holds the oldest things longest. A person who can no longer follow a conversation may still settle at a hymn learned in childhood, the Rosary, a blessing, or familiar liturgy. These anchors calm, orient, and connect.

Music, hymns, or chants that bring comfort

Prayers, blessings, the Rosary, scripture, or liturgy that matter

Languages that comfort

Times of day these are welcome

Anything here a caregiver should avoid (a song, reading, or topic that upsets the person)

06 Personal-care sensitivities

What the caregiver should know (check all that apply and add detail below)

- Modesty matters during bathing and dressing
- Prayer at meals
- Teetotal home (no alcohol in the house)
- Sacramentals, icons, or religious objects not to be moved
- Head covering worn
- Shoes off in the home

Gender-of-caregiver preference for personal care

Specifics the caregiver must follow

07 End-of-life instructions and whom to call

Some rites are time-critical. Catholic Anointing of the Sick, certain burial traditions, and other practices can depend on a phone call made quickly. Writing the order down here means no one has to figure it out in the moment.

Wishes the family has chosen to share (rites, presence, prayers; not medical details)

Whom to call, and in what order (clergy, congregation, funeral provider)

1. Name and phone

2. Name and phone

3. Name and phone

Time-critical rite to honor and the deadline that matters

Where the written plan or advance directive is kept (location only)



Colorado CareAssist

Family-owned. Serving Denver, Boulder, Colorado Springs and the Front Range since 2012.

We built this form because every household is different and caregivers should learn yours before day one.

We are also veterans' advocates. Eligible veterans may receive authorized in-home care through the VA; coverage and any applicable cost-sharing are determined by the VA.

Hesed Home Care LLC, dba Colorado CareAssist.

[Schedule a free consultation](#)

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