**Dignity in Care**

**Online Workshop Training**

**Day 1**

**Patient Dignity Question (PDQ) Homework**

**Caroline P. Cárdenas, Ph.D., MSN, MA, RN, CBCN**

**Name: M.J**

**D.O.B: 12/31**

**I was grouped with 3 other Dignity in Care Participants and we had to divide our time up between 3 people. Therefore I did not get the full 10-15 minutes to spend engaging in the PDQ. Below is as far as I was able to get before the Breakout Room session ran out of time. Aloha!**

**PDQ**

MJ, with her bright and brilliant smile, and so much excitement within her yes, describes herself as a Gen X’r, Occupational Therapist, who has been married for 34 years and a mother of two children spanning the Gen Z, Millennial and Alpha generations. She describes her eldest adult son as “living his best life” in San Diego, California and her youngest, as her sweet daughter who she adopted from Russia, who keeps her on her toes. She is deeply in love with her family and describes them as, “my anchor.” She says that she views family in two ways, her “little family” and her “big family.” Her little family she states is her nucleus, it is where she gets to be her full authentic self. Where it is okay to be outspoken, goofy, loud, and sarcastic, a place where she states, reminds her of who she truly is.