

Patient's name: _____

ALL ABOUT ME

Things That Make Me Happy

I Feel Relaxed When

I Dislike

I Am From

I prefer to be called

I Worked As

You Can Give Me Great Care By:

Family and Friends Who Know Me Best Are

I Wear



Please hang above bed and transfer with the patient

Help us get to know you: Please fill out the *All About Me* page by yourself, with staff, alongside family members, or with someone who knows you best. Need help with filling out the All About Me page? Here are some ideas to help you get started.

Things that make me happy ...

- Current/past hobbies/interests
- Treasured possessions
- Favourite TV shows/movies/books
- Best memories/places I've visited/people I know
- Cultural and religious ties/practices
- Favourite food/colour/smell
- Family and pets

I am from...

- Places you've lived or travelled that are significant to you
- Ethnic background (if relevant to your care)
- Do you speak any other languages?

You can give me wonderful care by...

- What time do you usually get up/go to bed/nap?
- Do you engage in certain activities/routines at certain times of the day?
- What order do you carry out personal care activities?
- Was there a time you loved your care? What did the staff do that was extra special?
- Do you have a medical/mental health history that you feel staff should know about?
- How do you prefer to communicate with staff ? Examples: are you hard of hearing, or do you have trouble seeing? Do we need to speak or approach slowly? Be visible when speaking?

I feel relaxed when...

- What makes you feel better when you are worried/upset?
- Family and friends who know me best are...
- Who knows you best? How would you like us to contact them if needed?

I dislike...

- What worries/upsets you?
- What environmental factors make you feel anxious/upset (loud noises, open doors, lighting)?

I worked as...

- Career history
- Past hobbies/interests/clubs/memberships
- Education/training

I wear...

- Do you have hearing aids, glasses, or dentures?