**About Me**

Fill this in and take it to your health and care appointments. You can find suggestions of what to think about on the ‘guidance’ pages below.

A picture containing text

Description automatically generated

|  |  |
| --- | --- |
| **What is most important to me** |  |
| **People who are important to me** |  |
| **How I want to communicate and how to communicate with me** |  |
| **My wellness** |  |
| **Please do and please don’t** |  |
| **How and when to support me** |  |
| **Also, worth knowing about me** |  |
| **Date** |  |
| **Supported to write this by** |  |

Guidance on how to complete the ‘about me’

|  |  |
| --- | --- |
| **Section** | **Description** |
| **What is most important to me** | **A description of what is most important to you**  Emergency Information  Include any essential information that any professional in health and social care should know about you in any situation, including emergencies.  Other information that could include:   * Values * Religion * Ethnicity * Culture * Pets * Goals and aspirations * Meaningful activities including leisure activities, visiting places, sport, and exercise, listening to music, employment, education, volunteering |
| **People who are important to me** | **Who is important to you and why?**  Details of who is important to you and why. They could be family members, carers, family etc.  Also include people you do not want to be contacted about you and why |
| **How I want to communicate and how to communicate with me** | **A description of how you communicate normally**  Include any communication aids you use, for example, a hearing aid  Include how you would communicate when you are in pain or distress  Include how you communicate choices  Describe how you would like others to engage and communicate with you |
| **My wellness** | **A description of what you can do, your strengths and skills, how you engage with others and how you feel on a typical day**  Include any causes that might result in your becoming unwell and strategies for avoiding or addressing the causes. For example, not drinking enough water could cause constipation.  Include any signs that indicate you might be becoming unwell.  On a bad day describe what is different about you and what you can do, how you are with others and how you feel.  This could include symptoms that affect your everyday life, e.g., itchiness, cough, pain and how you manage those conditions. |
| **Please do and please don’t** | **A description of things you want someone supporting you to do**  For example, this might include:   * Talk to me, not my carer * Remind me to take my medication * Encourage me to wash my hands regularly * Explain to me what is happening and why * Respond to my communication   A description of things you do not want someone supporting you to do:   * Asking questions about certain topics * Making assumptions about something * Providing support when it is not wanted * Talking to you in a certain way |
| **How and when to support me** | **A description of how and when you want someone caring for you to support you.**  This could include support you need:   * in an emergency (for example taking blood) * to maintain important routines or to carry out activities, for example, personal care routines, eating and drinking, bedtime routines, taking medications, moving * with wearing glasses/hearing aids/false teeth etc * with making informed choices or understanding dangers and risks * managing your emotions, moods and behaviours, memory, or confusion   Tell us:   * how your support needs change in different environments. * any triggers that might result in needing further support and strategies for avoiding or addressing the triggers. |
| **Also, worth knowing about me** | **A description of what is also worth knowing about you for people caring or supporting you**  This could include:  A short history of your life (where you have worked, where you lived, important events in your life, important people in your past  Tell us about your current life, your work, study, your aspirations, your skills, your networks, things you like e.g., foods, places, a football team, and thing you like to talk about, things you dislike  Any care and support preferences that have not been included elsewhere. |
| **Date** | This is a record of the date that this information was last updated |
| **Supported to write this by** | Where relevant, this a record of name, relationship and role and contact details of the individual who supported the person to complete their about me e.g., family member, carer, advocate, professional. |