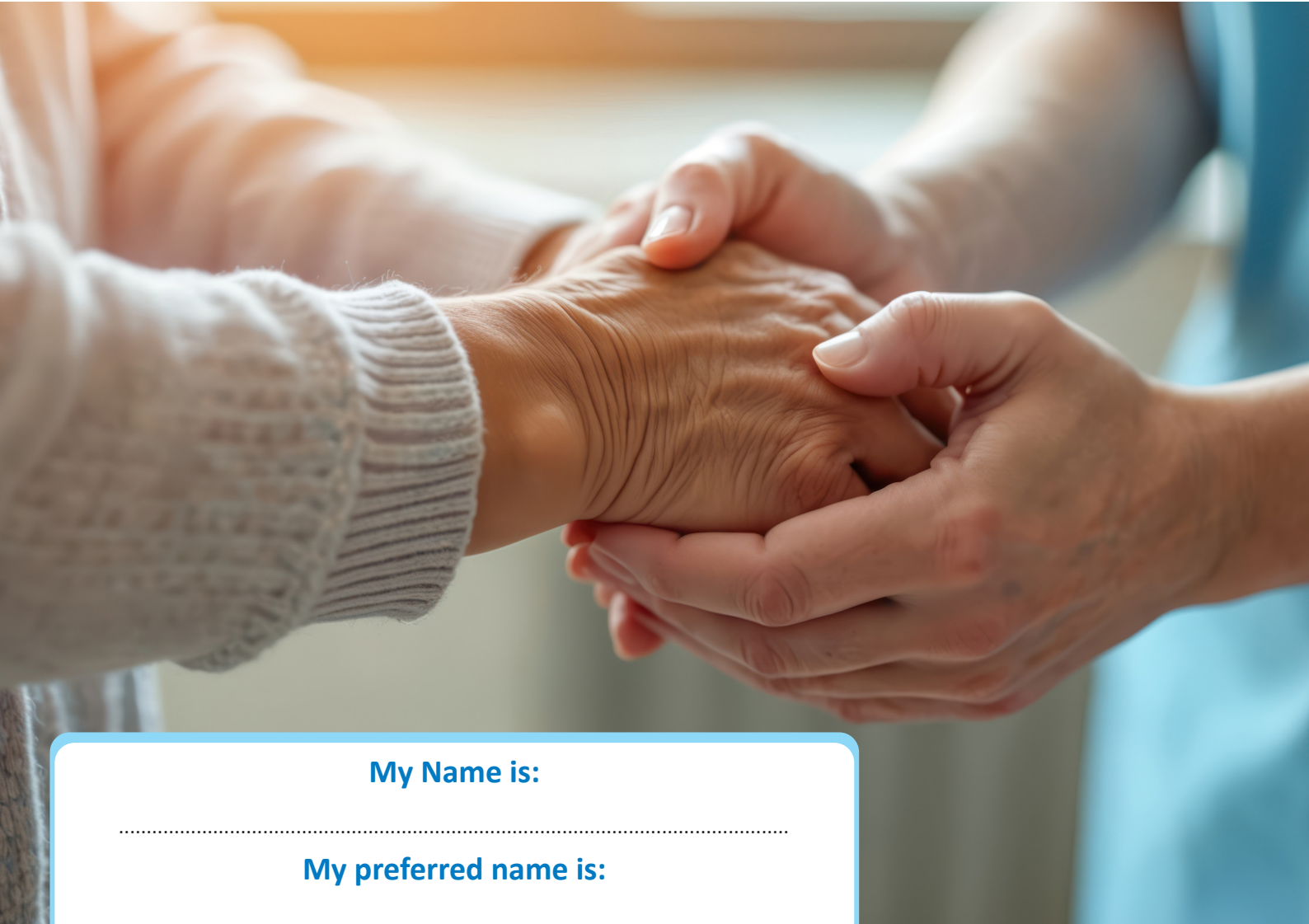


This is Me



Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust



My Name is:

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My preferred name is:

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This space is for you.

You can attach a photo of yourself or your family here.

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This booklet will tell you all about me so that you can help care for me.

Please read it and understand who I am when those who usually care for me are not here.



This is me can help to reduce this distress. It helps health and social care professionals build a better understanding of you, or the person you care for, to be able to deliver the best care possible.

This is me can be completed and updated anytime by either yourself or the people who are supporting you.

Many people like to complete the tool as an activity with their carers or family members, as it can bring up enjoyable memories and conversations.

This is me can be used alongside care plans and taken to unfamiliar or new places, such as hospitals and care homes.

It is not a medical document and is for the person named on the form to keep with them when they move back to their home or to somewhere new.

Completed by:	
Relationship to person named on this form:	
Date Completed:	
Date updated:	

I am happy for the information I have provided to be used by health and social care professionals to provide care and support. If they wish to use it for a different purpose, they must ask first.

Please do not provide information you are not comfortable with others knowing.

Professionals should tell you how they will use the information you provide. If they don't, ask them – it's your right to know.

About me



My full name and preferred name:

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Where I live (the area not full address and how long you have lived there for):

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The people who know me best (partner, family, carers or friends):

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My personal history, family and friends: Include your place of birth, places you have lived, marital status, children, grandchildren, family and pets.

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I would like you to know: (include anything you feel will help staff look after you. For example, 'I prefer female carers' or 'I like my family to know where I am'.

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My important items: List any items or objects you like to have near you. For example, family photo, tissues, treasured possession.

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My Background



My culture, faith and religious beliefs: Do you like to attend religious services or celebrate certain festivals or events? Do you observe certain practices around prayer, food or clothing?

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My hobbies and interests: List any hobbies you enjoy such as clubs or crafts and any favourite music, sport or TV/films that appeal to you.

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My jobs and achievements: List any accomplishments that you are proud of and any jobs or volunteering that are important to you.

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Favourite places I have lived and visited: Include any former or childhood homes that you were fond of and also any favourite or significant places that you have visited.

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My Habits and Routines



The following routines are important to me: What is your morning/evening routine? What are your preferred mealtimes? Do you enjoy snacks, walks or naps at certain times? Do you carry out personal activities in a particular order.

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Things I like to do for myself: Include ways in which you like to be independent such as dressing, eating or personal hygiene.

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Things I might want help with: Describe ways people can help with activities such as dressing, getting up or eating.

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Things that worry or upset me: Include anything that troubles you such as being alone or disorientated. Physical needs such as constipation, thirst or hunger. List environmental factors like windows being open, doors being shut, darkness or loud voices.

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Things that make me feel better when I am upset or anxious: Include things like music that settles you, names of family or friends that you are familiar with, comforting words. Do you prefer to be in company or on your own?

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My Communication and Mobility



My hearing and eyesight: Do you need a hearing aid or wear glasses? Do you need any vision aids?

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How can we communicate with you? How do you like to communicate? Do you read and write? How is it best to approach you? Include anything that might help others know what you need.

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My mobility: Do you need help or an aid to get you around? Can you use the stairs? Can you stand unaided? What helps you to feel comfortable?

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My Personal Habits



Things that help me sleep: Do you like the light left on or a warm drink before bed? Do you find it difficult to find the toilet at night? Do you have a favoured position in bed, special mattress or pillow?

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My personal care: List your usual practices and preferences. Do you like to use certain cosmetics and toiletries? Do you need continence aids or help brushing your teeth or dentures? What about caring for your hair?

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How I take my medication. Do you need help to take your medication? Do you prefer to take liquid medication?

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Eating and Drinking. What do you like/dislike to eat and drink? Do you have dietary requirements, allergies, religious or cultural needs? Do you need help or adapted aids? **Does your food need to be Level 4 pureed, Level 5 minced and moist, Level 6 soft and bite-sized or Level 7EC - Easy to Chew? Do you use thickener in your drinks? If you do, are your drinks prepared to Level 1, 2, 3 or 4?** Include information about your appetite, dentures or any swallowing difficulties.

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Other Notes About Me



Include and details you've not already listed that you would like people to know, such as important events from your past. You can include any advanced plans you have made such as anyone you have appointed as your attorney.

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This document has been adapted from the Alzheimer's society This is Me booklet and copies of theirs can be downloaded from alzheimers.org.uk/thisisme or call 0300 303 5933.

Here at Doncaster and Bassetlaw Teaching Hospitals, we encourage everyone to complete a This is Me booklet. This helps us understand what matters most to you, especially if you find it hard to tell staff something important about yourself.

If you're having difficulty communicating your needs for any reason, filling in **This is Me**—either by you or someone who knows you well—can make a big difference.

It helps us provide care in the way you prefer. Communication challenges might be temporary, such as while recovering from illness, or simply because you're in an unfamiliar environment.

Whatever the reason, we want to give you the best care possible, and This is Me helps us learn about your likes, dislikes, and the support you need.

Once completed, please give your booklet to the staff member looking after you.

It will be kept with your notes so all staff can understand your preferences and provide person-centred care.

You can take your **This is Me** home when you leave hospital and bring it back if you ever need to stay with us again.