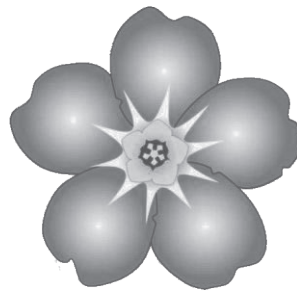


This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.



Forget Me Not document

This is a handheld document and remains with the person so that staff have this information to support them effectively. This document should go home with the person- a copy should be added to patient notes for any subsequent appointments or admissions.

Name



This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

My name

What I prefer to be called if different from my given name

Do I need glasses and/or hearing aids?? Do I need help with them? Do I have them with me?

How do I communicate? Examples - I can have a conversation, I need people to face me and speak louder, none verbal- gestures, written information, pictures, I need someone to help me.

What might make me feel anxious and upset? What should staff bear in mind? Examples: busy environment, too loud, not understanding what is happening, worrying about something, certain times of day, taking medication



This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

What might help me to feel calm? What could staff do? Example distractions, offering me a drink, reminding me where I am, ringing my loved one, playing some music, watching tv

How would people know if I was in pain? Am I able to tell them? If not, what signs might there be? Example facial expression, shouting out.

How do I move around? Examples: I can walk around fine, I need a walking stick, frame, I need somebody with me, I usually need someone to help me, I stay in bed



This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

What things do staff need to do to keep me safe? Examples- do I walk around a lot? Do I fall over sometimes? Do I fall out of bed? Do I get upset and angry sometimes? Do I try to leave?

Things I like to do for myself Examples eating, drinking, washing and dressing myself, brushing my teeth, going to the toilet, taking my medication

Things I need help with



This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

How can staff support me with medical interventions like giving me medication, taking blood samples, blood pressure? Eg I am ok with these, I need a carer with me, I need emotional support, distracting me can help

Who are the people who know me best?

Who is important to me? People and/or pets!

How I eat and drink well Example I might need support or prompting, I can only eat small amounts



This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

What I like to eat and drink? This can help staff to find something I might like

What is my sleep like? Do I have a routine? Do I struggle to sleep?

Do I have any religious or cultural things that are important to me?

Do I have any hobbies or interests? What things might I like to talk about?

This can help staff to know what to talk about to include me in conversations or to distract me if I am feeling worried.

Are there any items which I might like to have with me? Examples photographs (not originals in case they get damaged), soft toys, books, familiar items to look at



This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

Having life story information about the people we are caring for can be really helpful in starting conversations, helping them to feel valued and included, giving the opportunity to reminisce.

All about my birth eg where I was born, who was in my family

All about my younger years and school life

All about my work life



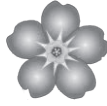
This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

My relationships and children if I have any

Some of the things I like or things that are important to me

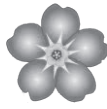
Is there any other information that you think the people caring for me might need to know?



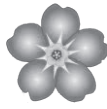
This is important information about me, my preferences and wishes that people I see in hospital and other settings might need to know to make sure I feel safe and have everything I need.

This information is helpful for staff to ensure they can support me effectively.

Please write here if you have anything else staff need to know.



Notes



Notes

