

## My life so far

Where I have lived

---

---

---

What I have done (eg. jobs, raising a family, travel)

---

---

---

My past interests and hobbies

---

---

---

Special times or occasions (birthdays, anniversaries, dear memories)

---

---

---

**Date completed**

**By whom**

**Relationship to the person**

**Signed by**

In signing this document, I agree that the information in this leaflet may be shared with health and care workers.



# This is me

Information to help you support me in hospital

For some people, changes such as moving to an unfamiliar place like hospital can be unsettling and distressing. 'This is me' provides information about the person at the time that the document is completed. It can help health and social care staff to build a better understanding of who the person really is, what matters to them and how to care and support them in hospital. It will go with the person as they leave hospital too. If the person needs further care and support at home, or moves to residential care, this information can contribute to a one-page profile, and to the person's life story information.

It is simple to fill in, and complements the information that nursing colleagues will be gathering.

### Space for a photograph

Using a photograph is optional, but it can be really helpful for hospital staff.

**Full name**

**What I like to be called**

**About me**

---

The area I live in

My carer / the person who knows me best

**What matters to me**

---

Other people who are important to me

My hobbies and interests

The little things that matter every day (for example, TV programmes, reading a newspaper, coffee in the morning, having a hanky with me at all times)

Routines that are important to me, for example first thing in the morning and last thing at night.

What are the things that I must have with me or around me (eg photo of my grandchildren next to my bed)

Anything else I would like you to know about what matters to me (eg. faith, culture, my favourite music)

**How to help and support me**

---

Things that may worry or upset me (anything that may upset me or cause anxiety. This could be personal worries, eg money, family concerns, or being apart from a loved one, or physical needs, eg being in pain, constipated, thirsty or hungry.

What makes me feel better if I am anxious or upset

How to help me make decisions about my care

What helps me sleep well

How I usually move around

Anything else I would like you to know about helping me