

Information about

me

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This handbook
is all the things
I want you to
know about me.

Name

The “information about me” handbook has been designed to provide you with a place to record information that will be helpful to others as they accompany you on your journey of living with dementia.

Your life and your life story are important. It is your identity and what makes you a unique and important individual. This handbook will allow your family, friends and care providers to understand the things that are really important to you along the way. It will ensure that the support provided to you is attentive to your preferences, your interests and your routines.

Sections one and two are for recording emergency details and contact details of all other people involved in your care.

This is important information to complete. When care providers know who is involved in your care, they can work with you and together to ensure your quality of life.

Sections three and four are designed to record the things that are important to you and ensure that your preferences and daily routines are known to others. It is a good idea to complete this book during the early stages of your dementia. It may be helpful to have a friend or family member assist you so that they are familiar with the story you want to tell.

You may need to update some of your information when there are changes in the amount or type of help you need.

At home, keep it in the same place, such as on the bench in the kitchen or on a shelf in your living room. If it is easy to find, then those providing you with support can benefit from reading about your life choices and preferences.

Section five gives you space to write about the observed signs of your levels of comfort and discomfort. Letting people know these signs will ensure you receive appropriate and supportive care at all times.

You can take this book with you if you need to access different services such as respite or planned activity groups. It gives new people the opportunity to know you as a person and to help them understand what is important to you and why—if you find it difficult to explain them for yourself.

Contents



Section 1
My emergency details



Section 2
My care & support contacts



Section 3
My life history & achievements



Section 4
My preferences & routines



Section 5
My wellbeing needs



Section 1

My emergency details

My details:

Name:

Date of Birth:

Address:

Telephone Number:

Name of my GP:

The main person / family member who provides me with support:

Name:

Address:

Mobile Number:

Home Number:

Work Number:

My Second contact is:

Name:

Relationship:

Address:

Mobile Number:

Home Number:

Work Number:

An Advance Care Plan provides information on the type of care and treatment you wish to receive if you are unable to make these decisions yourself.

I have an Advance Care Plan: ☐ Yes ☐ No

If Yes, it is held with:

NB: If you don't have an Advance Care Plan you can ask your GP to assist.

My Power of Attorney General is:

Name:

My Power of Attorney Enduring is:

Name:

My Power of Attorney Medical is:

Name:

I agree that the personal information contained within this “Information About Me” handbook can be shared with Health and Community care providers.

Signed:



These are the main medical events in my life:

I am allergic to:

These are the items that I want with me when away from home:



Section 2

My care & support contacts

Family and friends who are
most important in my life:

Name	Relationship

People who provide support and assistance to me:

Title	Name	Telephone Number
<i>GP</i>		
<i>Practice Nurse</i>		
<i>Alzheimer's Consultant</i>		
<i>Pharmacist</i>		
<i>District Nurse</i>		
<i>Community Dementia Support Nurse</i>		
<i>Case Manager</i>		
<i>Home and Community Care Services</i>		

People who provide support and assistance to me:

Title	Name	Telephone Number
<i>Carer Support Services</i>		
<i>Respite Services</i>		
<i>Physio-therapist</i>		
<i>Occupational Therapist</i>		
<i>Speech Therapist</i>		
<i>Optometrist</i>		
<i>Dentist</i>		
<i>Podiatrist</i>		

This section of the handbook has been designed to lift out. ✂



On the back of this page you will find a summary section which allows you to share shorter versions of your information.

This is ideal for hospital or respite settings where leaving the entire handbook may not be practical.

When completing the summary page make sure to include things such as routines, friends and family, social outings and items that you like to have with you.

Tip for Staff: With consent, copies of summaries can be made and stored together for quick reference for new and relieving staff, volunteers and others.

Here are some suggestions:

What's Important to me

- *I love to have lunch each Monday at the Café*
- *Meeting with my friends Marg and Peter from Bowls club each Thursday and having a chat*
- *Talking to my son Philip who lives overseas on Tuesdays at 6pm*
- *My dog Bella*

How best to support me

- *I like privacy when chatting to my son, so plan your visit so you have left by 6 pm*
- *I like to sit in the armchair by the front window in the afternoons*
- *I like to choose my own clothes but need some assistance with putting on shoes.*

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What my friends and family
like and admire about me:

What's important to me:

How best to support me:



Section 3

My life history & achievements

About me:

Name:

I preferred to be called:

My belief or religion is:

My place in the family:

Where I was born:

My Father's name:

My Mother's name:

My childhood:

I went to school at:

I finished school when I was:

I was good at:

I didn't enjoy:

Places of importance:

I grew up in:

I moved out of home at:

My favourite childhood locations were:

The places I have lived:

My favourite vacations over the years:

The most important person in my life: (e.g. husband, wife, life partner, family member, other, etc)

Name:

Their job:

Where we met:

What I like best about this person:

Memorable events / dates:

(e.g. anniversaries, children, birthdays of family/friends, etc)

Working life:

My first job:

The jobs I enjoyed most:

My last job:

What I liked about my job:

Best memories from my work:

Past Hobbies and Interests:

In my spare time I liked to:

My favourite pets were:

My greatest achievements are:

People, places and events that are important to me

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Description:

INSERT PHOTO HERE

Description:

People, places and events that are important to me

INSERT PHOTO HERE

Description:

INSERT PHOTO HERE

Description:



Section 4

My preferences & routines

My appearance:

Favourite items I like to wear are:

I wear dentures: ☐ Yes ☐ No

I wear glasses: ☐ Yes ☐ No

I need them: ☐ all of the time ☐ for reading

I use hearing aids: ☐ Yes ☐ No

☐ Left ear ☐ Right ear ☐ Both ears

When you talk to me:

My first language is:

In my culture it is important to:

I am sensitive about: (e.g. being touched, loud noises)

I am frightened by:

My Favourite Things:

(e.g. colours, music, TV shows, books, games, sporting teams, etc)

Things that I don't like:

(e.g. music, animals, activities, foods, colours, smells, etc)

Eating and drinking:

I like:

I don't like:

The help I need to eat is:

The help I need to drink is:

Hygiene:

I prefer to:

☐ Strip wash ☐ Shower ☐ Bath

☐ Every day ☐ Every 2/3 days ☐ Weekly

I wash my hair:

The help I need is:

The help I need to dress is:

My morning routine:

I usually get up at:

Food and drinks
I like for breakfast:

Activities I like to do:

Morning TV or radio show:

My afternoon routine:

The food and drinks I like for lunch:

Hobbies and interests I like:

Exercise I like:

My evening routine:

I usually go to bed at:

Snacks and drinks I like after my evening meal:

Evening activities or TV :

Things that help me to sleep: (light on, two pillows)

I need assistance with:

Moving about: (aids and equipment)

The things that cause me discomfort or make me anxious are:

Let me help with: (e.g. doing dishes, gardening, etc)

I really like and enjoy doing the following things:

My feelings:

What makes me happy:

What makes me sad:

Other things to note:



Section 5

My wellbeing needs

Signs that indicate I am relaxed:

Signs that indicate I am distressed:

Situations that can cause me distress:

Suggestions for managing my unsettled behaviour:

A good day for me is when:

I have a bad day when:

Other notes: (e.g. I am prone to wandering or falling, etc)

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