This information will help staff to support you during your stay. It will help us get to know you, understand who and what is important to you, and how you like things to be. We invite you, your family, friends and carers to complete this information with as much detail as you want to share with us.

*Please ask a member of staff if you need any help to complete this information*

My name: my full name & the name I preferred to be called

The person who knows me best:

Home, family & things that are important to me:

Family, friends, pets or things about home e.g. gardening

I would like you to know:

Anything that will help the staff get to know you, perhaps things that help you relax or upset you

Taking medication:

Do you take medications at a specific time?

Things you should know about my spiritual & cultural needs:

This can be important religious or other beliefs, or anything that makes you feel happy & content

Food & drink:

What are your likes and dislikes, if you need any help with eating or drinking or have a special diet

Sleep & rest:

Tell us about your usual routines & what helps you to rest or relax

Personal preferences & self-care:

What’s your usual routine, any help you may need & your preferences

Adapted from the ’Getting to Know Me’ personal profile tool: National Dementia Consultant Network. Scotland, UK