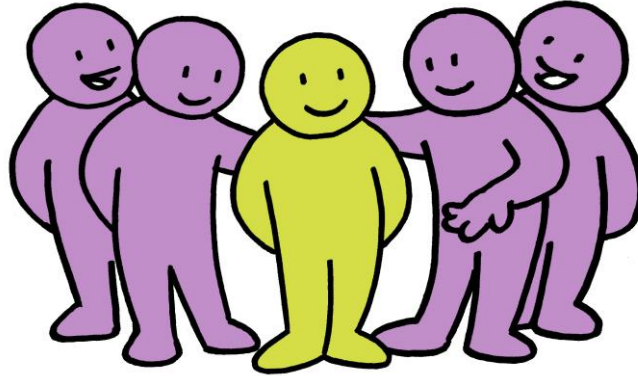


Understanding Me



A note from the Hospice staff

This booklet aims to help us support you if you feel too frail or weak to tell us about yourself or if you have some difficulty in communicating how you feel.

It is designed to allow you and those who know you well, to provide us with information that will help us care for you in the best possible way.

This booklet belongs to you. The following pages will offer advice on the kind of information that will help us to care for you as an individual. It is for you to choose the amount and type of information you give us.

It does not have to be completed in one go but can be added to over time. You may want to fill it in yourself or with your family. If you would like some help to fill it in please ask a member of the Hospice staff.

My name is:

I like to be known as:

My life story:

Example- important events; family; work; hobbies and interests. Insight into your past can help us understand and respect you as a person. This can be enhanced if you have photographs from your past with you.

My normal routines and habits:

Example - morning and bedtime routines; specific times or days when you do certain things. Although illness may prevent you from continuing with some of these, knowing about them will help us to get a sense of how you may be feeling at particular times.

My likes and dislikes:

Example- food and drink, clothes, TV, music, hairstyle, soaps and perfumes, colours.

People, pets, places and things that are important to me:

Example- who might you want to speak to if you are upset; are there personal items you wish to keep with you at all times.

Things that cause me to become anxious and distressed:

Example- family concerns; physical symptoms of pain, feeling sick, difficulty in going to the toilet; environmental issues such as too much noise, being left alone, too many people in the room, bright lights, door open/closed.

How might you know when I am anxious or distressed:

Example- being quiet, angry, pacing about, rocking, facial expressions, body posture.

Things that help me feel better and help me relax:

Other things to know about me:

Example- your personality; values; religious beliefs and practices; physical support needs; communication support needs; how you take your medication; the 'little things' that help you feel comfortable.

I am happy for the information in this booklet to be shared with members of the multidisciplinary healthcare team who will be involved in my care.

Patient's Name

Signature:

Or

Patient Advocate

Name:

Relationship to patient:

Signature:

Date:

At a glance

What are the key things you would like healthcare staff to know about you when they are caring for you ?



This booklet has been provided to you by St Gemma's Hospice. We are a local, independent charity providing expert medical and nursing care to thousands of patients, families and carers each year.

For more information about St Gemma's Hospice, please contact:

Website : www.st-gemma.co.uk
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Fundraising : 0113 218 5500
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