

My name is \_\_\_\_\_

I like to be called \_\_\_\_\_ Key Carer \_\_\_\_\_



The important people in my life.



What my hearing is like (better on one side, hearing aids?)



Dates that are important to me.



What you need to know about my eyesight and glasses.



My previous or current occupation(s).



The level of assistance I need for my personal care.



The activities that I am interested in.



My likes / dislikes and usual bathing routine.



My favourite TV/radio programme(s) and music I like.



What bedding / pillows I like and my preferred routine.



My pets and favourite animals, and animals I don't like.



What I'd like you to know about my teeth or dentures.



My spiritual beliefs and practices.



How I demonstrate that I am in pain.



How I take my tea or coffee and drinks I like or dislike.



My allergies, phobias and fears.



My favourite meal(s) and food I dislike or can't eat.



What aids I need for my mobility.

More information or today's note...