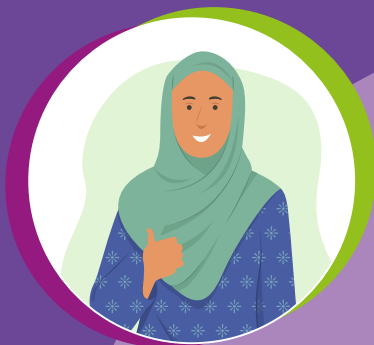




About me

This form will help
you have a better
experience
when going to
health and care
appointments



It will
help them
understand
you better

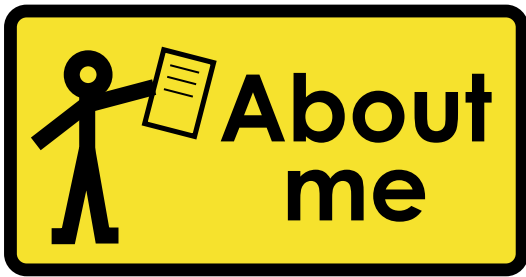


They will
learn what's
important
to you



You can show this form to
health and care staff when
you attend an appointment

It will help
healthcare
staff know
what to do if
things go
wrong



Name

Date of Birth

Health conditions

Allergies

Fears

Phobias

Anxieties

Triggers

What are the most important things you need to know about me?



People who are important to me Names & relationships:



How I communicate, and how you should communicate with me



Please do...

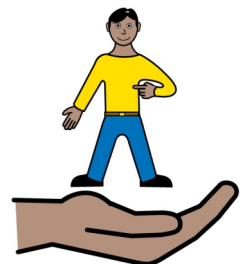


Please don't...



How and when to support me

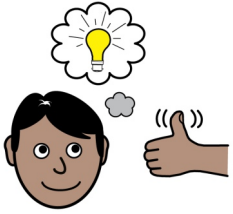
support



Things I can do for myself...

Also, worth knowing about me...

good to know



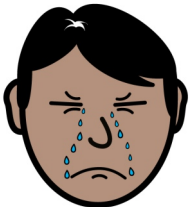
What makes me happy?

happy

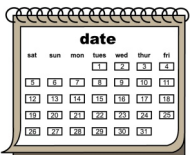


If I am upset, please help me by...

upset



Who helped me write this?



Date form completed

This version of the About Me form was co-produced by NHS, Nottingham Mencap/Nottingham City SPLAT with easy read illustrations from Leeds NHS Learning Disability Service