



About Me...

Guidance on how to complete the 'About Me'

SECTION	DESCRIPTION
<p><i>What is most important to me</i></p>	<p><i>A description of what is most important to you</i></p> <ul style="list-style-type: none"> • Emergency Information <p>Include any essential information that any professional in health and social care should know about you in any situation, including emergencies.</p> <p><i>Other information that could include:</i></p> <ul style="list-style-type: none"> • Values • Religion • Ethnicity • Culture • Pets • Goals and aspirations • Meaningful activities including leisure activities, visiting places, sport, and exercise, listening to music, employment, education, volunteering
<p><i>People who are important to me</i></p>	<p><i>Who is important to you and why?</i></p> <ul style="list-style-type: none"> • Details of who is important to you and why. They could be family members, carers, family etc. • Also include people you do not want to be contacted about you and why



SECTION**DESCRIPTION*****How I want to communicate and how to communicate with me******A description of how you communicate normally***

- Include any communication aids you use, for example, a hearing aid
- Include how you would communicate when you are in pain or distress
- Include how you communicate choices
- Describe how you would like others to engage and communicate with you

My wellness***A description of what you can do, your strengths and skills, how you engage with others and how you feel on a typical day***

- Include any causes that might result in your becoming unwell and strategies for avoiding or addressing the causes. For example, not drinking enough water could cause constipation.
- Include any signs that indicate you might be becoming unwell.
- On a bad day describe what is different about you and what you can do, how you are with others and how you feel.
- This could include symptoms that affect your everyday life, e.g., itchiness, cough, pain and how you manage those conditions.

Please do and please don't***A description of things you want someone supporting you to do***

For example, this might include:

- Talk to me, not my carer
- Remind me to take my medication
- Encourage me to wash my hands regularly
- Explain to me what is happening and why
- Respond to my communication

A description of things you do not want someone supporting you to do:

- Asking questions about certain topics
- Making assumptions about something
- Providing support when it is not wanted
- Talking to you in a certain way



**Integrated
Care System**
Nottingham & Nottinghamshire

**what
matters
to you?**

SECTION**DESCRIPTION*****How and when to support me***

A description of how and when you want someone caring for you to support you.

This could include support you need:

- in an emergency (for example taking blood)
- to maintain important routines or to carry out activities, for example, personal care routines, eating and drinking, bedtime routines, taking medications, moving
- with wearing glasses/hearing aids/false teeth etc
- with making informed choices or understanding dangers and risks
- managing your emotions, moods and behaviours, memory, or confusion

Tell us:

- how your support needs change in different environments.
- any triggers that might result in needing further support and strategies for avoiding or addressing the triggers.

Also, worth knowing about me

A description of what is also worth knowing about you for people caring or supporting you

This could include:

- A short history of your life (where you have worked, where you lived, important events in your life, important people in your past)
- Tell us about your current life, your work, study, your aspirations, your skills, your networks, things you like e.g., foods, places, a football team, and thing you like to talk about, things you dislike
- Any care and support preferences that have not been included elsewhere.

Date

This is a record of the date that this information was last updated

Supported to write this by

Where relevant, this a record of name, relationship and role and contact details of the individual who supported the person to complete their about me e.g., family member, carer, advocate, professional.

