

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

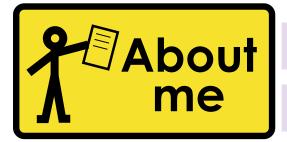






You can show this form to health and care staff when you attend an appointment

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... yes Please don't... no 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



witing

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



