

This is me

This leaflet will tell you all about who I am, to help you support me.

Name I like to be called

This space is for you.

You can attach a favourite photo here of yourself, your family, a pet or a place you've visited.









OR list four things that interest you:

4

Keep this in a suitable and safe place where anyone caring for you, at home or elsewhere, can refer to it easily. You can also take it with you if you need to go into hospital.





If you, or a person you care for, has dementia, delirium or other communication difficulties, moving to an unfamiliar place or meeting new people can be unsettling or distressing. **This is me**® can help to reduce this distress. It helps health and social care professionals build a better understanding of you, or the person you care for, to be able to deliver the best care possible.

This is me can be completed and updated anytime by either yourself or the people who are supporting you. Many people like to complete the tool as an activity with their carers or family members, as it can bring up enjoyable memories and conversations.

This is me can be used alongside care plans and taken to unfamiliar or new places, such as hospitals and care homes. It is not a medical document.

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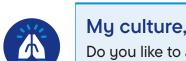
I am happy for the information I have provided to be used by health and social care professionals to provide care and support. If they wish to use it for a different purpose, they must ask first.

Please do not provide information you are not comfortable with others knowing. Professionals should tell you how they will use the information you provide. If they don't, ask them – it's your right to know.

About me

	My full name
	Where I live The area (not the full address) where you live and how long you have lived there.
3	The people who know me best This may include a partner, carer, relatives or friends.
	I would like you to know Include anything you feel will help staff to get to know and care for you. For example, 'I prefer female carers'.
	My personal history, family and friends Include your place of birth, places you've lived or travelled to, marital status, children, grandchildren, friends and pets.
A	My important items List any objects or items you like to have near you, such as photographs, jewellery or other treasured possessions.

My background



My culture, faith and religious beliefs Do you like to attend religious services? Do you celebrate certain festivals or events? Do you observe certain practices around prayer, food or clothing?
My hobbies and interests List any hobbies you enjoy, such as clubs or crafts, and any favourite music, sport or TV/films that appeal to you.
My jobs and achievements List any accomplishments that you are proud of, and any jobs or volunteering that are important to you.
Favourite places I have lived and visited Include any former or childhood homes that you were fond of, and also any favourite or significant places that you have visited.

My habits and routines

	The following routines are important to me What is your morning/evening routine? When do you prefer to have your meals? Do you enjoy a snack, walk or nap at a particular time of day? Do you carry out personal care activities in a particular order?
	Things I like to do for myself Include ways in which you like to be independent, such as dressing, eating, personal hygiene.
	Things I might want help with Describe ways people can help with activities such as dressing, getting up, eating.
	Things that may worry or upset me Include anything you may find troubling, such as being alone or feeling disorientated; or physical needs such as being constipated, thirsty or hungry. List environmental factors that may make you feel anxious, like open doors, loud voices or the dark.
(What makes me feel better if I am anxious or upset Include things that may help if you become unhappy or distressed, such as comforting words, music or TV. Does it help to have company, or do you prefer quiet time alone?

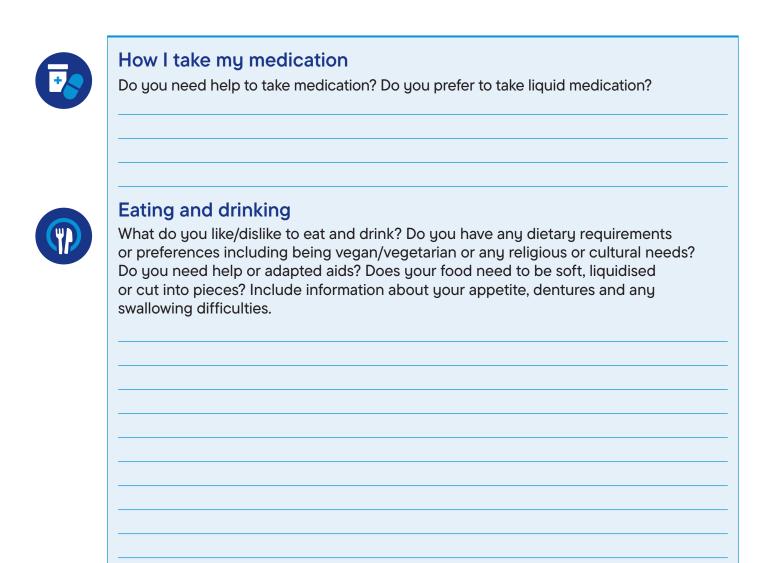
My communication and mobility

	My hearing and eyesight Do you need a hearing aid? Do you wear glasses or need any other vision aids?
	How we can communicate How do you like to communicate? Do you read and write? How is it best to approach you? Include anything that may help others know what you need.
	My mobility Do you need help or an aid to get around? Can you use stairs? Can you stand unaided? What helps you to be comfortable?
	My personal habits Things that help me sleep
222	Do you like a light to be left on or a warm drink before bed? Do you find it difficult to find the toilet at night? Do you have a favoured position in bed, special mattress or pillow?

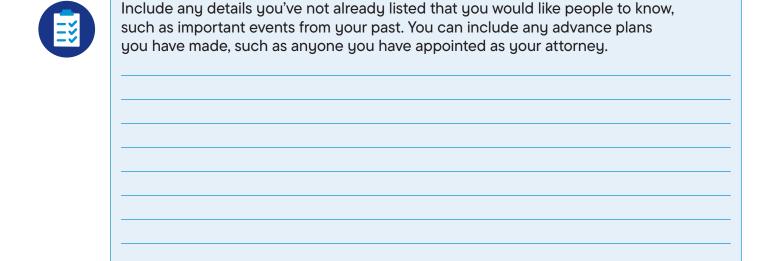


My personal care

List your usual practices and preferences. Do you like to use certain cosmetics and toiletries? Do you need continence aids or help with brushing your teeth/dentures? What about caring for your hair?



Other notes about me



At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to everyone who needs it today, and hope for everyone in the future.

For advice and support on this, or any other aspect of dementia, call us on **0333 150 3456** or visit **alzheimers.org.uk**

This is me® has been reviewed by people living with dementia. To give feedback, please email **publications@alzheimers.org.uk**

Download this leaflet or order copies online at alzheimers.org.uk/thisisme or call 0300 303 5933.



Together we are help & hope for everyone living with dementia

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