

KEY TAKEAWAY:

'5 things about me'

TO BE DISPLAYED OVER THE BED (WITH CONSENT)

FOCUSED.
IMPORTANT.
VISUAL.
EFFECTIVE.

about me.
this information will help you support me

my name/initials: _____

5 things that are important for you to know about me:

1. _____
2. _____
3. _____
4. _____
5. _____

my allergies: _____

DATE COMPLETED: _____
COMPLETED BY: _____
WITH THE HELP OF: _____

I GIVE CONSENT TO DISPLAY THIS ABOVE MY BED: YES NO

manx care
Scottish Care

EXAMPLES:

- *'Please talk to be about animals, especially cats, my cats name is Poppy'*
- *'Never lie me flat on the bed as this will distress me'*
- *'I used to be a nurse and enjoy helping others'*
- *'I feel trapped if I can't see my shoes'*
- *'I love Liverpool football club'*

about me.

this information will help **you** support **me**



my name/initials:

5 things that are important for **you** to know about **me**:

1.
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2.
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3.
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4.
.....
5.
.....

my allergies:

.....

DATE COMPLETED:

COMPLETED BY:

WITH THE HELP OF:

I GIVE CONSENT TO DISPLAY THIS ABOVE MY BED: YES NO