

About me | In depth

**Dementia
Support
Australia**

Funded by the Australian Government
A service led by HammondCare

This form is designed to be an informal yarn, so we can support you holistically. We want to incorporate your whole well-being, so we will yarn about your connection to Country, community, culture, health, family and spirituality. We want to hear your stories, your experiences, and your thoughts.

As we explore your cultural background, we want this to be a comfortable experience for you. Feel free to share as much or as little as you're comfortable with. If there's any point where you'd rather not answer, that's completely okay.

It's absolutely okay if you don't have all the answers to the questions. The impacts of colonisation have resulted in the loss of a significant amount of culture. Your comfort and well-being are our main priorities.

You and your Country

Name:

Mob:

Preferred Language:

D.O.B:

*Insert
photo
here*

Where you are from

Your Clan/Nation:

Your Totem:

**Your language
group:**

**Your Land
and/or Water:**

Daily Life

A good day for me includes: *(describe enjoyable daytime activities)*

My preferred daily routines are:

Morning / I start my day...

Afternoon...

Evening...

Night/I end my day...



NOTE: as much as possible, this should be written from the individuals perspective.

Preferences and comfort

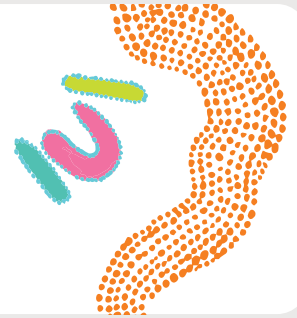


I am physically more comfortable when...

(e.g. always have glasses on, have a hearing aid in, daily lotion to prevent dry skin, special items of clothing)

I dislike...

(e.g. foods, activities, topics of conversation, music, smells)



When I'm feeling upset or uncomfortable I might...

What you can do to comfort me or put me at ease is...

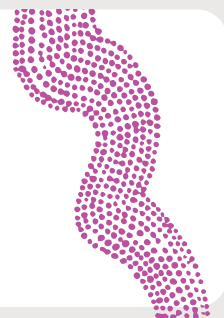
(e.g., play favourite music, sit and hold my hand, go for a walk with me, help me feel useful/needed)



I am worried or frightened by...

(e.g., news stories which remind me of past upsetting events, weather, animals, unfamiliar people, or places)

If you only know one thing about me...



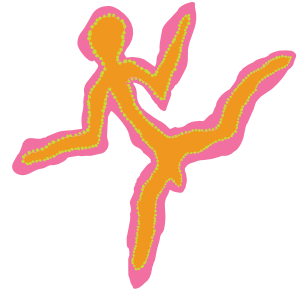
NOTE: as much as possible, this should be written from the individuals perspective.

History, values and relationships



My high points in life...

(note events, achievements, experiences, significant dates)



My low points in life...

(note loss, death, significant dates, strained relationships, trauma, regrets, environmental events)

Things that I am good at/best known for... *(note strengths, abilities, etc.)*



What I believe and practice...

(Note cultural, spiritual, religion, morals, values, and traditions)

How I spent my time... *(Note life roles, occupations)*

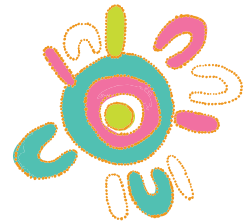


NOTE: as much as possible, this should be written from the individuals perspective.

History, values and relationships cont.

Where I grew up/lived...

Who I spent my time with... *(Note relationships, family history)*



Who knows me best?

(List the relationships that are important to the individual, whom s/he confides in, enjoys spending time with, and identifies as their “family”. Note this may include people who are no longer living or who reside far away. It may also include your Clan/Mob or significant kin relationship)

What can we do to help you stay culturally connected?

(Cultural rituals or events, Country and social connections).



Completed by

Name:

Date:

Relationship to client:

**This document needs to be updated
whenever changes are noticed**

**Dementia
Support
Australia**

Funded by the Australian Government
A service led by HammondCare