

# About me | In brief

**Name:**

**Surname:**

**D.O.B:**

**I like to be called:** *(nickname, title, preferred pronouns)*

*Insert photo here*

**In the past I...** *(note significant life events and roles including past careers, places the person lived, events or activities, and important aspects of their past and identity)*

**I like to talk about...**

**I enjoy...** *(Note the things the individual enjoys such as favourite foods, activities, topics of conversation, people, music)*

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

**I don't like...** *(Note the things the individual dislikes such as foods, activities, music, weather, topics of conversation, etc)*

**A good day for me includes...** *(Note how the individual likes to have their day start and end, their routines, social and leisure activities, and mealtimes.*

**If I'm not having a good day you might notice...** *(Signs of early stress, boredom, withdrawal, sadness, or anxiety)*

**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)*

## Completed by

Name:

Relationship to client:

Date: