

About me | In depth

**Dementia
Support
Australia**

Funded by the Australian Government
A service led by HammondCare

Name:

D.O.B:

Preferred language:

Insert photo here

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...

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)*

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)*

Completed by

Name:

Relationship to client:

Date:

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

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