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:

1 _____

2 _____

3 _____

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.

Royal College of Nursing

Alzheimer's Society

Together we are help & hope for everyone living with dementia

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.

Date completed

Completed by

With the help of

☐ 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.

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.

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

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?

How I take my medication

Do you need help to take medication? Do you prefer to take liquid medication?

Eating and drinking

What do you like/dislike to eat and drink? Do you have any dietary requirements or preferences including being vegan/vegetarian or any religious or cultural needs? Do you need help or adapted aids? Does your food need to be soft, liquidised or cut into pieces? Include information about your appetite, dentures and any swallowing difficulties.

Other notes about me

Include any details you've not already listed that you would like people to know, such as important events from your past. You can include any advance plans you have made, such as anyone you have appointed as your attorney.

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.**

Alzheimer's Society

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Alzheimer's Society
43–44 Crutched Friars
London EC3N 2AE

0330 333 0804
enquiries@alzheimers.org.uk
alzheimers.org.uk

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