

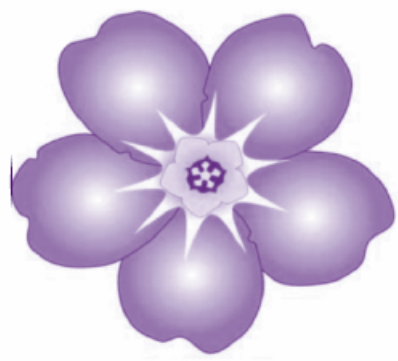
together we do the amazing

- I work / worked as a .....
- I was born and grew up in .....
- I now live in .....
- I prefer to be called .....

Things I'd like you to know about me:

This leaflet will help to support you during your hospital stay

Hello. My name is



# 'Forget me not'



**SHN** South Tees Hospitals NHS Foundation Trust

People who are important to me are:

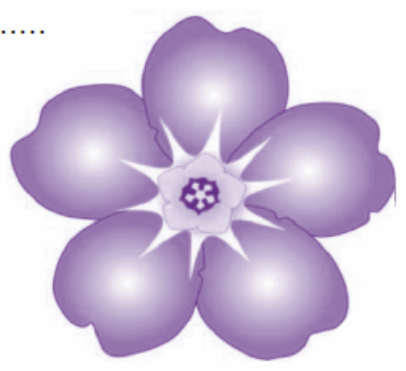
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Things that have happened in my life which are important to me are:

.....  
.....

Things I need to help me communicate are:

.....  
.....



Things I may need help with are:

.....  
.....

I am happy for this information to be placed near my bed for staff

Signed: ..... patient/carer\* Date .....

# Things you need to know to care for me

What I like to drink

.....  
.....



Food likes /dislikes

.....  
.....



Usual sleep routine

.....  
.....



Things I enjoy doing

.....  
.....



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What clothes I like to wear (eg tie/shirt or blouse/skirt)

.....  
.....

Things which may upset me or make me anxious

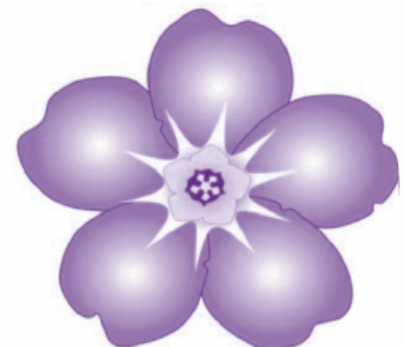
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When I'm upset I feel better when

.....  
.....

I'll let you know when I'm in pain by

.....  
.....



*..... together we do the amazing*