



# 'Forget me not'

## Information for patients and carers

We know that a stay in hospital can be upsetting.

**The information on the 'Forget me not' leaflet will help us to understand and remember what is important to you, which will then help us to try to make your stay less stressful.**

We would like to share the information you complete with everyone who looks after you. If there is anything you would like us to know, but do not want to share with all the staff then please tell the nurse who is looking after you

The front and back of the leaflet will help us to get a bit more information about you. This will help staff to talk to you about things that are familiar and important to you. It will also make us aware if you wear glasses, hearing aids or what help you require with communication and things you might need help with.

The inside will give us information about your likes and dislikes, what you prefer to eat and drink, your sleep routines and your interests. Please try to include any special diets you may be on, for example a soft diet.

In the question 'Things I enjoy' please include any hobbies or things you like such as types of music or playing cards or dominoes for example.

**If the person you care for is not able to fill in the 'Forget me not' leaflet please fill this in for them.**

If you have any questions or concerns about how these details will be used, please ask the nurse looking after you

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