



This is ME

Place Picture Here

Celebrating my life and honoring my wishes for end of life

My Name is:

But please call me:

My age:

My occupation:

Things that are important to me (Family, friends, pets, environment, personal appearance)



My likes and dislikes (Foods, drinks, day/night routines, hobbies, activities, music, TV, books)



Things you may not know about me (Personal traits, talents, adventures, achievements)



How best to support me

- ✓ **Please tell me what you are about to do and why.** *Talk to me calmly and quietly and give me time to listen. Even if you think I'm not awake, sometimes I still may hear you.*
- ✓ **If I am uncomfortable or distressed I often?** **or**
.....
- ✓ **To help make me feel better I like?**.....
- ✓ **Please ask me if I'm in pain or uncomfortable:** *Use yes/no questions e.g. "Does your head/back/hips/legs hurt" and "Are you comfortable?". Add any details specific to you. I have:*
.....
.....
- ✓ **If you are going to move me, please check if I need extra pain relief before doing so.**
- ✓ **When turning me, please tell me what you are about to do and how you're going to do it. Support my legs, lift them slowly and gently under the knee. My preferred position(s) are:**
.....
.....
- ✓ **My favourite drink(s) are:**.....
- ✓ **How I like to drink them:**.....
- ✓ **Please keep my environment:**.....
- ✓ **How I like my appearance:**.....
.....

I have a My Wishes record Yes No

Please ask (Name) regarding it, it will tell you more about me and My Wishes.

Signature:

Print Name: _____ Signed: _____ Date: _____