

Guidance notes to help you complete... Getting to know me.....

This Getting to know me document aims to help health professionals build a better understanding of who the patient really is, which can help them deliver care that is tailored to the patient's needs.

This is me should be completed as early as possible on the critical care admission.

Getting to know me should be filled in by individual(s) who knows the person best and, wherever possible, with the patient.

My name is: Enter your name and any name you prefer to be called.

A photo of me: Please insert a favourite photo of yourself.

My close family and friends are: Include a list of your close family and friends.

A few of my favourite things: Include any possessions you like to have near you – photographs, books, jewellery or T.V shows you like to watch, radio shows you like to listen to, books, films, your favourite music, sports, food and drinks you like to have, whether you like animals.

Things that you don't like or may worry you: Include anything you don't like such as certain foods, drinks, TV shows, music or things that you may find troubling, such as family concerns, being apart from a loved one or being alone; or physical needs such as being in pain, thirsty or hungry. List environmental factors that may make you feel anxious, such as open doors, loud voices, the dark or animals.

My hobbies and interests are: List any accomplishments that you are proud of. Include clubs and memberships, hobbies or sports. Add any past jobs and volunteering activities that are important to you.

Communication: Include your first language and whether understand English. Can you hear well? Do you need a hearing aid? How is it best to approach you? Is the use of touch appropriate? Do you wear glasses or need any other vision aids?

Other things you should know about me: Include any details about you that are not listed above and help to show who you are – for example, significant events in your past; expectations and aspirations you have, routines that are important to you, ways in which you like to be independent.