

Me, My Care and I

Please call me...

People most important to
me...

My pronouns are...

Gender/Sexuality/Relationship information I would like to share

My hobbies/Interests

My faith/religion/
spirituality

What makes me happy

My Pets

My favourite things

I need/want you to know this about me....



What soothes me when I am anxious/stressed/scared...

Music / Sounds / Smells / Pictures / Activities

Religious/Spiritual care needs - Rituals/Faith/Visits from a member of church/temple

Things I want with me - book/bible/crystals/beads

What scares me? What I am worried about?

Biggest Fears/Concerns

Where do I want to be for care? Room/place/by a window?

Where do I want to be when I die?

Who do I want to be involved in my care/death? Who do I not want with me?

In an ideal world, my death will be...

I want my funeral to be.....

- A Celebration of my life
- A traditional affair
- Something in between
- A direct/simple event

After death I believe.....

- In my version of God/Heaven
- My soul will be with/in the universe
- When you're dead, you're dead
- Reincarnation or something similar

What brings me comfort? What is important to my wellbeing?

Tick/circle/highlight and add your own

Crystals	Silence		Nature
Meditation		Cross/ Crucifix	Talking
Prayer beads			Soft toys
	Angels	Church	Company
	TV	Routine	
Scripture/ Religious text	Animals	Breath work	
Reading		Photos	Food

Is there anything about any of the above that you would like people to know more about...



Notes