



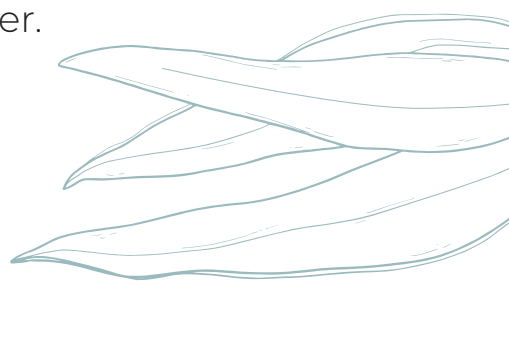
FIVE FACTS ABOUT *me*

Five Facts About Me is an exercise in getting to know the elders in your care. It is a useful tool for all clients, regardless of whether they live in their own home or in a residential care setting.

You are encouraged to ask clients to complete this task for themselves, or if they require assistance to support them with the task. For some clients, it may be useful to get their family involved for their input and insight.

The information included is what those providing care should know about the client. It gives you a quick snapshot of what is important to that person – their likes, dislikes, preferences and top two strengths to be aware of.

By following the steps below, it is fast and simple to complete. The insights you gain can and do make a big difference in the quality of personalised care that you and your team can deliver.



5 simple steps to complete 5 Facts About Me

Step 1

Print off the template and keep multiple copies on file, so they are ready to use.

Step 2

Complete the exercise with all of your new and existing clients. Sit down with them and explain the aim of the exercise is to get to know them a little better. Encourage them to complete it themselves or provide support if needed. Let the client know they can include anything that's important to them, providing some examples to give them a starting point.

Example

Five Facts About Me
1. I enjoy a morning walk if the weather is nice.
2. I drink coffee, white with one, never tea. I like a cup after breakfast and another after lunch.
3. I love reading and listening to audio books, especially biographies and historical novels.
4. I am a big football fan. I support the tigers and love to watch them play.
5. I grew up on a farm and love animals and the outdoors.

My Two Top Strengths
1. I like to learn and keep my brain active by doing puzzles and reading.
2. I enjoy trying new things and meeting new people.

Step 3

Discuss their answers with them briefly, and note any additional insights.

Step 4

Share the document with others who care for the client, and keep it in a file that is accessible to caregivers at all times. Discuss with your colleagues ways to acknowledge any of the facts in your daily routines. In the above example, this could be preparing the clients coffee the way they like it twice a day without asking if they want tea, milk or sugar, because you know they like it white with one. Or during the football season, organising to screen the tiger's games. These small gestures can make a big difference to the wellbeing of the elders in our care.

Step 5

Review the answers with the client every three months, to see if they have anything new to add or would like anything changed. This is also a great opportunity to talk about the things that are important to the client more deeply and to practise some reminiscence if appropriate.

Client name:

Date completed:

Review due:

Five Facts About Me

My Two Top Strengths

Additional Notes

Staff name:

Signature: