

My Normal Day is:

My usual Day time routine is: _____

My usual Night time routine is: _____

What Matters to Me:

(What is important to me, for example: culture, religion, language, ethnicity, sexual orientation, gender identity, pet allergy?)

This information has been given by:

Name: _____

Signature: _____

On behalf of: _____

Relationship: _____

Date: _____



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

My Name is:



Supporting You at Home or Away

Please help me by completing and using this information.

It will help you get to know more about me and my life, understanding the 'real me', for example my likes and dislikes.

Whilst I am in your care, this knowledge will help to improve not only my experience but that of my family and carers.