All about me, on one page

Read this before your first visit. The pages behind it have the detail.

What I like to be called

Written with

A photo of me, if I'm happy to share one

What people like and admire about me

What's important to me

How best to support me

What I do myself, and where I need help

Everyday things (write your own)	On my own	With prompts	With help
Getting dressed	☐	☐	☐
Making breakfast	☐	☐	☐
	☐	☐	☐
	☐	☐	☐

These plans come from my doctor, nurse or therapist. They always come first. Attach them behind this page.

Plans that come first

Plan	Attached	Who wrote it, and where it's kept
Medication chart	☐	
Mealtime plan	☐	
Manual handling plan	☐	
Behaviour support plan	☐	

Last updated:

Use first names, and keep one current copy that every worker can see. Not an NDIS form. General information, not advice.

All about me

More detail, for workers who support me regularly.

How I communicate

Things I love

Things that upset me

What a good day looks like

People who matter to me

Last updated:

Use first names, and keep one current copy that every worker can see. Not an NDIS form. General information, not advice.