

## MY VIEWS HOW YOU CAN HELP ME

### PERSONAL STATEMENT

This information is intended to help staff support and care for you. It will help them know what is important to you. Below are some suggestions of the kind of things you may want to include.

Personal statement of .....

Date of Birth: .....

I prefer to be called .....

If I am admitted to hospital please let the following people know:

Name	Relationship (i.e. parent, employer, friend)	Contact details

*Anything which needs to be dealt with if you are admitted to hospital such as:*

*If you have pets, who will take care of them or what arrangements should be made?*

*If you have carer responsibilities, how will these be managed whilst you are unwell?*

*How will your bills be paid and your mail be dealt with if you are in hospital for a while?*

*Who should have access to your home whilst you are in hospital, i.e. is there someone who you would wish your keys to be given to?*

*Your physical health: Include any physical disabilities, health problems or concerns which you feel staff should know about, information about any medication or treatment relating to physical health problems or dietary information.*

*Relationships and information sharing: Who you would like information to be shared with? Anyone you do not wish information to be shared with or do not wish to visit you?*

I find the following things help cope with my illness and help my recovery:

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These things make me feel worse:

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Spirituality/religious beliefs: Any information which you feel would help staff to support you in observing your religious beliefs.

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Signed: .....

Date: .....