

This card is designed to be viewed by the bedside. It is not a medical document and it does not have to be completed. If it is completed, please be mindful not to include information that you (or the person you are completing it on behalf of) would not want to be shared with others.

We hope the information you can share about yourself will help us to get to know you. It will give us ideas on how to talk to you, how to help you pass the time and how to help you feel at ease.

Information for relatives and friends:

- We really value the information you are able to share with us that will help us improve our care.
- If you have any questions/concerns about how this card will be used, including issues about confidentiality, please speak to a member of staff.
- Please don't hesitate to speak to a member of staff if you have any further information, ideas or tips on how we can best meet the needs of your relative/friend.
- If you would like to be more involved in the care of your relative/friend whilst they are in hospital, please let a member of staff know.
- If you have any questions about sources of support/information/advice for either yourself or for your relative/friend, please ask a member of staff.



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And developed by a partnership between:



“Getting to Know Me”

My name is:

I like to be known as:

Events/places that are important to me:

Things that matter in my daily routine:

People/pets/items that are important to me:

What helps me when I am feeling worried or upset:

My likes and dislikes:

How I like to spend my time:

Any other useful information: