



About Me[®]

This information will allow us to personalize this individual's care and honor who they are and what brings them joy. Please do not answer any questions that you feel would violate this person's privacy.

My name is: _____ I prefer to be called: _____

I was born in (city and state): _____

Important people in my life are (include relationship): _____

I like to be remembered for: _____

I like to reminisce about: _____

My work in life includes: _____

My interests, hobbies and talents: _____

Things that bring me peace or solace (prayers, readings, rituals, music, nature): _____

Favorite movies, TV shows, and videos: _____

Music, song or sound preferences: _____

Massage or other forms of touch preferences (neck, hands, feet): _____

Favorite foods and beverages: _____

I like the smell of: _____

My sleeping habits are (waking, napping, things that help me sleep): _____

Things I dislike include (food, situations): _____

Other things I would like you to know about me (routines, quiet time, bath or shower): _____