

# All About Me!

## A Tool for Transitions



### ABOUT

This is a tool for loved ones of individuals living with dementia to tell staff some helpful information. We want to make sure staff and caregivers know your loved one's past so they can support their present.

### INSTRUCTIONS FOR FAMILY

Transitioning to a new care setting can be a big change for you and your loved one, especially when there are changes to memory and thinking. Please complete this brief survey on the following page and include a picture of your loved one.





PLACE  
PHOTO  
HERE

## ALL ABOUT \_\_\_\_\_

My important loved ones (present and past):

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Where I grew up: \_\_\_\_\_

What I did for work: \_\_\_\_\_

What I did for fun: \_\_\_\_\_

Favorite conversation topics: \_\_\_\_\_

Favorite songs/music: \_\_\_\_\_

Favorite foods: \_\_\_\_\_

I'm happiest when: \_\_\_\_\_

Fun fact about me: \_\_\_\_\_

How I show I'm tired or uncomfortable: \_\_\_\_\_

# INSTRUCTIONS FOR STAFF

By knowing the someone personally and what may be coming up for them that day, staff can figure out quick behavioral interventions that work for the individual's unique personality.

1. Use the "All About \_\_\_\_" tool as a quick reference for staff.
2. During shift changes or team huddles, update the "Highlights from Today" below. This can be done in 3 minutes or less! (Keep it where it is **only** visible to staff members.)

Name:

Location:

Today's Date:

Something soothing:

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Something upsetting:

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Something enjoyable:

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Pain or sleep issues:

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Comments:

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