

# Get to know me

## My Patient Passport

South Tipperary General Hospital



This information will help staff to support you. It will help us get to know you, understand who and what is important to you, and how you like things to be.

We invite you, your family, friends and carers to complete this information with as much detail as you want to share with us.

Please ask a member of staff if you need any help to complete this information.

**My name:** *my full name & the name I prefer to be called*

**The person who knows me best:**

**Home, family & things that are important to me:** *your family, friends, pets or things about home*

**I would like you to know:** *anything that will help the staff get to know you, perhaps things that help you relax or upset you*

**My life so far:** *this may include your previous or present employment, interests, hobbies, favourite colour, important dates & events*

**Daily routines:** *tell us about your usual routines e.g. what times you normally eat, when you go to sleep and for how long. What is your baseline mobility or daily exercise routine?*

**My Favourite things are:** *seeing my family, watching a match...*

**Usual mealtimes:** *where you like to eat, who cooks at home, any support you receive e.g. meals on wheels, if you need assistance with eating or drinking or require a special diet or any dental issue (i.e. dentures)*

**Foods and drink I like:**

**Foods and drink I dislike:**