

# Get To Know Me!

## WHAT MATTERS?

**These things matter the most to me while I am in the Hospital:**

Interesting facts about me: \_\_\_\_\_

Previous Occupation: \_\_\_\_\_

Favorite Hobby: \_\_\_\_\_

Proud Accomplishments: \_\_\_\_\_

Music Preference: \_\_\_\_\_

Personal Item(s) From Home: \_\_\_\_\_

## MY SLEEP PATTERN

**What helps me sleep?** My Sleep Routine is: \_\_\_\_\_

I go for a walk: ☐ I need to use a H.U.S.H. Kit ☐  
I prefer a cup of tea: ☐ (eye mask, ear plugs & headphones): ☐

## MENTATION

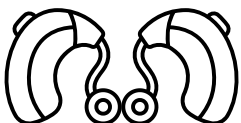
**Help me heal:** Things that make me smile and things that comfort me.

Snacks: ☐ Pet Therapy: ☐ Aromatherapy: ☐ Watch TV: ☐

Companionship: ☐ Activities: ☐

**Things that help me:** Circle all that apply.

Hear better:



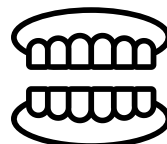
Left / Right  
Hearing Aid

See better:



Reading/Distance  
Glasses

Eat better:



Dentures

Understand better:



Speak Loud,  
Quiet or Slow