

Create a Mycarematters profile



"It's a great way to remind staff that this person is a unique individual with their own tastes and preferences."

Gill, Daughter

What is a Mycarematters profile?

A Mycarematters profile is a way of sharing your needs and preferences with healthcare professionals, in the event you can't communicate those things for yourself.

Where can I go for help to complete this if necessary?

You might enjoy completing this with one or more members of your family, or one of the people supporting you might find it helpful to complete it with you so as to get to know you better.

What should I do with it?

There are a variety of ways your Mycarematters profile can be used to help people care for you – see below.

Any of us might find ourselves receiving care at home, in a care home or in hospital and be unable to communicate our needs and preferences, temporarily or otherwise. By providing that information in a quick and easy format you will help busy staff care for you in a more person-centred way.

Don't wait for when you might need it, do it now so it's ready, just in case. Keep a copy with other paperwork or in the bag you would expect to take to hospital.

If you have carers coming in to your home they will find this a useful at-a-glance guide of your needs and preferences – keep it where it can easily be seen.

If completing by hand we have provided two forms: one is overleaf and can be torn out, the other is in the pocket at the front of the Handbook (on bright yellow paper) and is designed to go on the wall behind the bed. Either or both can be used at home, in a care home or in hospital.

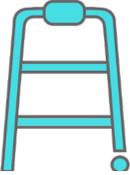
If using the free online version you have the advantage of being able to update it at any time, and there is space to store other information as well. Print out a copy for care / hospital staff and, if you wish, provide them with your unique Mycarematters code to access your online record. Link to Mycarematters via the QR code on the left or via this link: www.mycarematters.org.



My name is:

I like to be called:

To create an online version of this profile go to www.mycarematters.org. Date created / updated:

 <p>What aids I need for my mobility.</p>	 <p>My favourite meal(s) and food I dislike or can't eat.</p>
 <p>What my hearing is like (better on one side, hearing aids?)</p>	 <p>How I take my tea or coffee and drinks I like or dislike.</p>
 <p>What you need to know about my eyesight and glasses.</p>	 <p>My allergies, phobias and fears.</p>
 <p>How I demonstrate that I am in pain.</p>	 <p>The level of assistance I need for my personal care.</p>
 <p>What bedding / pillows I like and my preferred routine.</p>	 <p>My likes / dislikes and my preferred bathing routine.</p>
 <p>What I'd like you to know about my teeth or dentures.</p>	 <p>My preferred clothes / footwear.</p>



My favourite music.



The activities that I am interested in.



Television and radio programmes I like.



My previous or current occupation(s).



Dates that are important to me, and why.



The most important people in my life.



My pets and favourite animals, and animals I don't like.



My spiritual beliefs and practices.

Space for additional information, such as whether you are left or right handed, what do you normally keep on your bedside table, perhaps what makes you smile or anything else you'd like caring staff to know...

Creating a Mycarematters profile is one part of your future care planning. Practical guidance on the other decisions and actions available to you can be found in the My Future Care Handbook: www.myfuturecare.org.