



FIVE THINGS

about me



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FIVE THINGS about me

FIVE THINGS about me is an opportunity for patients to share important information about themselves with health staff.

It's an opportunity for health staff to be inclusive by providing person-first support that better meets the needs of the individual patient.

The patient should feel empowered to share whatever information about themselves they would like to, and to feel comfortable sharing.

Some ideas about the information the patient might like to share could include:

- any special interests the patient has or what they like to talk about
- things that might cause the patient to feel anxious and the ways health staff can support them
- things that help the patient feel calm and safe
- how the patient likes to communicate
- who supports the patient, so the health staff can chat with them.

The **FIVE THINGS about me** template was created as part of the *Enhancing Inclusion in the Health System* project, delivered by Blue Sky Community Services in partnership with the Mid North Coast Local Health District.