

# THREE ABOUT ME

## Quick Info Guide

### **For family, friends, and kin of all sorts:**

You may not be able to visit, or visit as much as you like, but you can still help.

Three About Me is intended as a fast and easy way for anyone interacting with a person with dementia to learn more about that individual.

Take a minute to print the form and fill it out or use the online fillable form and print it out. Slipping the form into a plastic sheet protector might not be a bad idea if you have one handy.

Take/mail/email the form to the care home, building, community or wherever the person lives and staff to put the form near the person's bed, on a side table, on their bulletin board or simply on the wall.

Please see the attached sample Three About Me for ideas on how to complete the form.

### **For staff of all sorts:**

Three About Me is a fast and easy way for you to learn a bit about the person you are caring for.

A person with dementia may not be able to tell you about themselves, so this form gives you a quick bit of info to help you connect with an individual.

Examples of how you could use the info:

Good morning, Mary. You are my sunshine today!

Your daughter Joan misses you very much.

I'm sorry you're upset. Please come sit with me by the window.

I love yellow roses. Look at this picture of yellow roses.

Coffee time!

Please see the attached sample Three About Me that goes with these examples.

We hope this helps in some way to make your day and the day of those around you a bit easier.