



## Instructions for Developing a Health Care Person-Centered Profile

*The Health Care Person-Centered Profile can help people provide more tailored care if you are hospitalized or sent to another care site without the direct support of your caregivers, family, neighbors, or friends. If you need help or cannot complete your own Profile, the trusted person who helps you complete it should know you well.*

Before you begin:

- Think about who you hope will read and use this profile. These individuals could be a doctor, nurse, therapist, pharmacist, or caregiver
- What are the most important things you want people to know?
- Information needs to be short and concise

How to develop the Health Care Person-Centered Profile:

- Use the template
- Look at sample profiles for ideas
- Write short, plain language statements, and focus on what is most important
- Get feedback from others, including through video conferencing and telemedicine

There are three sections for you to fill out with a space for your picture, which is optional. At the bottom is a place for you to mark if you completed the form, or if someone else completed it for you.

1. What people appreciate about me – List your great qualities
  - a. Describe your strengths, what you are most proud of, and what you enjoy doing
  - b. Include what the people who know you well like and admire about you
2. Who and what is important to me – Things people need to know
  - a. Include a list of people who are important to you, and their phone numbers and/or email addresses
  - b. Describe what helps you wind down, relax, or sleep
  - c. List any spiritual practices that help you feel grounded
  - d. Describe what helps you feel valued and respected
  - e. List any personal items you would like to have with you
3. How to best support me – Ways people can help you be comfortable
  - a. Include any physical or environmental accommodations you need
  - b. Describe how people can help you feel less anxious or uncomfortable, and feel calm or safe
  - c. Explain how you might express pain
  - d. Describe the best way for people to communicate with you
  - e. Outline how staff can help prepare you for procedures, tests, and changes in care
  - f. Include how you prefer to take medications
  - g. Explain how people will know when you are getting upset, and how they can help you