



My Needs & Preferences

www.homecaresolutions.ie

My Needs & Preferences Booklet

We have developed a “Person Centred” Care Programme which means we place a real importance on getting to know our clients. Our aim is to provide Person Centred Care that puts the needs, interests and wishes of our clients at the heart of everything we do.

We designed the “My Needs and Preferences” booklet in order to help us get to know you better. We share this with our Dedicated Care Team so they can understand you better.

We invite you, your family and friends to complete this booklet with as much detail as you want to share with us to allow us to get to know you and your family.

If you have any questions or concerns just pick up the phone and give us a call.

Ciara Conneely *Vivian Mahon*

Co-Founders



Guidance notes

This document is for anyone who has specific needs or preferences they want staff to know about.

My name: Your full name but also the name you would prefer staff to use if this is different.

Home, family & the things that are important to me: This could be details of your family members, good friends, pets or other aspects about life at home that mean a lot to you.

I would like you to know: Tell us about anything you think will help us get things right for you – likes and dislikes, routines important to you, things that help you to relax, or things that might upset you, e.g. I don't like a lot of noise.

My life so far: This may include your past or present employment, experience and skills you have, special places, interests, hobbies, important dates and events in your life.

Getting about: Tell us how you normally get around indoors and out; do you use any aids such as a walking frame or stick; do you manage distances, stairs or need an inhaler?

Communication, hearing and vision: Tell us what helps when communicating with you. Do you hear or see better on one side? Do you use a hearing aid or glasses? What are your glasses for? Are they just for reading; seeing things close up or at a distance? Do you have a known eye condition? If so, where should we position ourselves or items so that you can see best? Do you use a magnifier, Braille or sign, large print, or prefer things written down?

Food & drink: Tell us about your likes and dislikes, where and how you like to eat, e.g. I like to eat at a table, drink black coffee or prefer small portions. Let us know us about any help you need, allergies or special diet – and if this relates to your preference, health or beliefs.

Sleep & rest: Tell us about your usual routines, when you usually get up, go to bed, things that help you to rest and relax e.g. I sleep with the night light on; I like a hot drink before going to bed; I take a nap in the afternoon.

Taking medication: Perhaps you prefer tablets, syrup, need help or take your medication in a specific way. Do you use any aids such as a dose box?

Personal preferences & self-care: Tell us about your normal routine, any help you need and preferences e.g. I prefer a bath/shower in the morning or at night; like my clothes out in order; brush my teeth before I eat.

Personal possessions: Are there items you always like to have with you or close at hand, a special item that gives you comfort e.g. a family photo.

Maintaining my independence: Tell us how we can help you be as independent as possible – perhaps you can manage yourself if we prepare things in a certain way for you.

Things you should know about my spiritual & cultural needs: This may be about beliefs and practices important to you – religious or otherwise. Tell us about the sorts of things that make you feel happy and content, or perhaps places and events that have special meaning to you.



Personal Details

Name:

Maiden Name:

The name I preferred to be called:

My Childhood

Tell me about your parents and grandparents as well as any siblings and your early childhood memories such as where you lived and home life:

Friends / Neighbours that you grew up with:

Places / Visited / Went on holidays:

Pets:

Schools & education:

Special Memories:

Adult Life

Spouse / Partner:

Type of work undertaken:

Travels

Friendships

Hobbies / Interests / Sports
Enjoyed:

Family Life:

Special Memories

Personal possessions – past and
present:

Places lived:

Children / Names and details

Grandchildren names & ages and
where do they live

Retirement:

Hobbies later in life:

Any special achievements (sports, Work, Family Life, Hobbies, Interests

Music enjoyed:

Favourite Radio / TV Programmes:

Things you should know about my spiritual and cultural needs:

Maintaining my independence (Tell us about things you like to do daily / weekly):

I agree this information can be shared with the staff helping me.

| | |
|---------|-------|
| Signed: | Date: |
|---------|-------|

This information was provided by

| | |
|---------|---------------|
| Signed: | Relationship: |
|---------|---------------|

For friends & family

Please help us to provide the best care for your relative/spouse/partner or friend by sharing some information with us – information that will help us get to know the person and how you would like to be involved in their care. The information you provide Homecare Solutions will allow our dementia champion to develop a person centred care plan for your loved one. Providing your loved one with support and understanding on their dementia journey following their diagnosis.

As part of our approach – Getting to Know You – we ask that you provide us with photographs and memorabilia that will help your loved one on their dementia journey.

I think it is important that you know:

Office Use Only

Aims & Objectives

Date of review:

Signed:

About Homecare Solutions



Homecare Solutions was established in 2007. We are an owner managed, independent, non-medical homecare provider based in Naas, serving the Kildare, West Wicklow and greater Dublin areas. Homecare Solutions will provide you with hours of support for your family based on their needs. We provide experienced, trained carers to look after your family member in the comfort of their own home.

Our Mission is to provide compassionate *Person-Centred Care* to all our clients and their families by our Nurse led Team. We take the time to listen and to understand each individual's care needs. Our aim is to provide personalised home care that puts the needs, interests and wishes of our clients at the heart of everything we do.

We work with



Contact Us



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