



# Using 'Forget me not'

## Information for Patients and Carers

***If the person you care for is not able to fill in the 'Forget me not' Card, please think about doing it for them.***

We know that a stay in hospital can be upsetting.

The details on the 'Forget me not' card will help us to understand and remember what is important to you. We can then try to make your stay less stressful.

We would like to share these details with **everyone** who looks after you. If there is anything you would like us to know, but do not want to share with all staff, please tell the Nurse who is looking after you.



The front of the card will help us to know a bit about your background. This will help people like volunteers, porters and ward staff to talk to you about things that you are familiar with.



Tell us about the things that you like. Housekeeping and catering staff will be able to see what you would prefer to eat and drink. Ward staff will be able to see what you would prefer to do at bedtime and when you get up. We will know what helps you to feel settled and what you like to do to fill your time.



Tell us what you **do not** like. Let us know what things might make you feel more upset.



Tell us about other things that will help us to look after you. Let us know if you wear glasses, hearing aids or use other ways of communicating. Tell us about the things that you may need help with. You do not need to tell us all about it, but this will help us to know what you might struggle with.

**If you are worried about how these details will be used, please talk to the Nurse looking after you.**