



All About Me

My Name Is:

While I attend Respite I want you to know what is important to me:

This makes me happy:

This comforts me when I need it:

I live with:

I attend school/work at:

I do not like:

My Favorite Activities

I enjoy these indoor activities:

I enjoy these outdoor activities:

My Bedtime Routine

I usually fall asleep at this time:

I usually wake-up at this time:

If I can't fall asleep I may need:

Here are my other bedtime rituals:

My Transfer Routine

I prefer to be transferred from place to place like this:

I prefer to use this to help with my transfers:

My Medical Information

I know you like to have a few specific details about me and my medical information in my own words, so here are a couple more details I wanted to give you:

My Diagnosis:

My Allergies:

My Medications I carry with me:

I have other assistive devices including:

I Also Want You to Know