

Getting to Know Me

This section is like a photograph. It is a snapshot of me and will help you learn who I am.

Name: *(how I like to be addressed e.g. nickname, Mr., Mrs., first name, etc.)*

(If you have a nickname, how did you get it?) _____

Born: Where _____

When/Age _____

Languages spoken: _____

Cultural/ethnic background _____

Marital Status: _____

Name of Spouse(s) _____

When? (date of anniversary) _____

Is your spouse living or deceased? _____

Do you have any children? *(names, occupations, where they are living, and any other important information)*

Do you have any grandchildren or great grandchildren? *(names, occupations, and where they are living, and any other important information)*

Names of other important people: *(any important information about them and your relationship with them)*

Mother: _____

Father: _____

Brother(s): _____

Sister(s): _____

Significant Others (e.g., friends) _____

Pets: *(Types, names, special memories)*

Religion/Spiritual Practices:

Do you consider yourself spiritual or religious? *(What is your faith or belief?)*

How do you practice your faith (e.g., church, private worship, prayer, meditation, etc.)

How can your staff support meeting your spiritual needs?

Education: *(Details, experiences, and accomplishments. Include mother tongue and other languages spoken/written)*

What jobs have you had *(occupation, importance of work, volunteering, details around retirement)?*

Are there any accomplishments that you are really proud of?

This section is like a record player. You will learn about the things that I enjoy and make my day go round.

Leisure, Hobbies and Interests: *(favourite music, cards, crafts, sports or sports teams, television shows, books, games, etc.)*

What are your favourite holidays/special events you enjoy?

Do you like to be surrounded by a lot of people or do you prefer small group or individual activities?

Are there any activities you don't like such as types of movies, music, TV shows? What are the things you don't like?

This section is like a movie trailer. It captures all the significant highlights of my life.

Can you share with me some of your important life events/past experiences -e.g., favourite vacations, friends, family events, triumphs, losses, sickness, etc.)?

Tell me about the best day of your life?

What have you learned about your life that you would want to pass along to others?

Are there other things that you would like included in your life story?

I _____ consent to the use of the information in this social history being used to create an information page to be posted at my bedside

Signature of resident _____ Date _____

Any information that is shared in the social history that is significant in getting to know the resident please highlight so that it may be used on the information page that will be designed for the resident's bedside. (For example if the resident stated that his/her hobby, places travelled or past friendships were very important to him/her please highlight).