



*Getting to Know Me*

*This part of  
“My Guide for Living with Dementia”  
contains all of the ‘Getting to Know Me’ pages.*

**‘Getting to Know Me’** pages are pages that you can fill in to record important information about yourself. These pages are found throughout the Guide.

It is recommended that you fill in the **‘Getting to Know Me’** pages as you read through each section of “My Guide”. You have the option of leaving the pages in each section or bringing them together as a personal record. Share this information with your Partners in Care to help them understand more about you.

This section contains a Table of Contents listing each **‘Getting to Know Me’** page and where it can be found within each section of the Guide.

The complete “My Guide for Living with Dementia” is available at [www.dementianetworksc.org/myguide](http://www.dementianetworksc.org/myguide) or your local Alzheimer Society office.



# Table of Contents

## Introductory Booklet

Introductory Page

Introductory Page continued



**P**

## P.I.E.C.E.S.<sup>TM</sup>

### Understanding the Impact of Physical Well-being

My Medications

My Health History

My Health History continued

My Medical Appointments

Discomfort & Pain

Discomfort & Pain continued

Nutrition

Bowel, Bladder, Physical Activity

Vision, Hearing, Sleeping



**I**

### Understanding the Impact of Intellectual Well-Being

My Intellectual Strengths – Hobbies, Work

My Intellectual Strengths – Memory, Communication

My Intellectual Strengths – Dementia Concerns

My Symptoms – Memory Loss

My Symptoms – Communication

My Symptoms – Recognition & Planning

My Symptoms – Insight & Initiation

My Symptoms – Change in Perception



**E**

### Understanding the Impact of Emotional Well-Being

How I am Coping

Spirituality & Favourites

My Emotional Well-Being – Simplifying Life / Depression

My Emotional Well-Being – Hallucinations / Delusions



C

## Understanding the Impact of Dementia on Your Capabilities

My Strengths – Physical, Intellectual, Emotional

My Strengths – Environment, Social

My Medications

Maintaining My Capabilities – Money, Phone, Food

Maintaining My Capabilities – Shopping, Chores, Driving

Maintaining My Capabilities – Medications, Decisions

Maintaining My Capabilities – Other Activities & Stress



E

## Understanding the Impact of Your Environment

Noise, Lighting, Temperature

My Environment

My Routines

My Routines continued



S

## Understanding the Impact of Your Social History

How I Grew Up

How I Grew Up continued

My Significant Relationships

My Significant Relationships continued

My Pets

My Life's Work & Play!

My Life's Work & Play! continued

Life's Ups & Downs! – Achievements/Happiest Times

Life's Ups & Downs! – Most Difficult Times

My Routines

My Routines continued

My Favourites

Other Thoughts

Intimacy & Sexuality

Intimacy & Sexuality continued

Check-in – Current Concerns



## Resources

Handy Contact List